

WEEK MENU
February 25 - March 01, 2019



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Rice porridge, jam, milk L/F: Rice porridge	Ham pasta, cold sauce, cabbage and carrot salad, black bread, milk, apple L/F: Rice noodles with vegetables, salad	Yoghurt with muesli L/F: Soya milk, cornflakes
TUESDAY	Barley-flake porridge, jam, milk L/F: Corn semolina porridge	Chicken-lentil soup, black bread, rye and cranberry cream, milk, carrot snack L/F: Soup, berry kissel	Vegetable pie, herbal tea L/F: Biscuit with corn flour
WEDNESDAY	Millet porridge, jam, milk L/F: Millet porridge	Paella with vegetables (V/F/L), warm cream sauce, carrot and pineapple salad, black bread, kefir, apple	Baked potatoes, cold sauce, herbal tea, black bread
THURSDAY	Rye-flake porridge, jam, milk L/F: Buckwheat porridge	Beet soup, black bread, kama cream with berries, turnip snack L/F: Beet soup, berry kissel with cornflakes	Whole-grain macaronis with cheese, herbal water L/F: Rice macaronis with vegan cheese
FRIDAY	Oat-flake porridge, jam, milk L/F: Rice porridge	Polish-style fish sauce, baked potatoes, black bread, Chinese cabbage and carrot salad, milk, pear L/F: Fish sauce, potatoes, salad	Cream bun, milk, banana L/F: Soya pudding, banana

L- lactose free (does not contain casein)

F- flour free (does not contain wheat, rye, barley or oat flour)

V- vegetarian (may contain egg)