

WEEK MENU
November 30 - December 4, 2020



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Rice porridge, jam, milk L/F: Rice porridge	Chili con Carne, rice, cabbage salad with paprika, black bread, milk, pear	200/30 Kefir-berry smoothie with kama balls L/F: Soya milk, cornflakes
TUESDAY	Barley-flake porridge, jam, milk L/F: Corn semolina porridge	Pea soup with pork, black bread, berry kissel with whipped cream, kohlrabi snack L/F: Chicken soup, berry kissel	Carrot pie, tea L/F: Chocolate muffin, tea
WEDNESDAY	Millet porridge, jam, milk	Pilaf with pork (L/F), carrot and pumpkin seed salad, black bread, kefir, apple	1tk/150 Pancakes with jam, milk L/F: Pancakes, juice
THURSDAY	Rye-flake porridge, jam, milk L/F: Rice porridge	Indian-style chicken soup, black bread, bread pudding with whipped cream, paprika snack L/F: Chicken soup, berry kissel	Whole-grain macaronis with cheese and ham, drinking water, black bread L/F: Rice noodles with vegan cheese
FRIDAY	Oat-flake porridge, jam, milk L/F: Corn semolina porridge	Coated fish, mashed potatoes, black bread, carrot and sour cream salad, milk, persimmon L/F: Coated fish, potatoes, salad	Cinnamon roll, herbal tea, banana L/F: Rice porridge, tea

L- lactose free (does not contain casein)

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

V- vegetarian (may contain egg)

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