WEEK MENU

March 31-April 4

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|  | **BREAKFAST** | **LUNCH** | **DINNER** |
| MONDAY | Corn semolina porridge, jam, milk | Chicken-cream sauce (P), boiled potatoes, carrot-pineapple salad, bread, apple  V: Oat cream-vegetable sauce  F: Chicken sauce without flour | Scrambled eggs, bread, tea  V: Fruit salad |
| TUESDAY | Oatmeal porridge, berries, milk | Homemade solyanka, sour cream, bread, curd cream (F) with jam, cabbage snack  V/F: Tomato soup | Sandwich with ham  V: Bread with vegan cheese |
| WEDNESDAY | Buckwheat porridge, butter, milk | Fusilli with minced chicken and carrots, cold sauce with dill, beetroot-ice-cabbage salad, bread, pear  V: Pasta with vegetables, vegan mayonnaise  F: Gluten-free pasta with minced meat, cold sauce | Fish fingers, carrot-potato puree (F), bread  V: Vegetable cutlet, boiled potatoes  F: Fried fish fillet |
| THURSDAY | Wheat-flake porridge, jam, milk | Creamy salmon soup (F), bread, apple cake with milk  V: Vegetable-soy milk soup  F: Baked apples with cinnamon and curd | Berry yogurt, corn flakes (F)  V: Soy milk, corn flakes |
| FRIDAY | Rye-flake porridge, jam, milk | Tomato beef stew (F), steamed buckwheat, cabbage-pickled cucumber salad, bread, apple  V: Tomato-chickpea stew, buckwheat | V : Vegankook  Cinnamon bun, flavored water with berries  V: Vegan cake |

M L- lactose-free, casein-free

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

V- vegetarian (may contain egg)

P-pork free

G-gluten free