

WEEK MENU
December 17-21, 2018



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Semolina porridge, jam, milk	Pork goulash, potatoes, carrot and mung bean sprouts salad, black bread, kefir, apple L/F: Buckwheat and vegetable casserole, salad	Tomato sandwich, herbal tea L/F: Rice galette with tomato, tea
TUESDAY	Barley-flake porridge, jam, milk	Pea soup, black bread, curd and gingerbread desert, carrot snack L/F: Pea soup, berry kissel	Buckwheat porridge (L/F), black bread, kefir
WEDNESDAY	Milk and rice soup, cheese sandwich	Home-made fish cutlet, vegetable rice, black bread, Chinese cabbage and tomato salad, milk, pear	Yoghurt, cornflakes, banana L/F: Soya milk, cornflakes
THURSDAY	Rye-flake porridge, jam, milk	Pork, potatoes, sauerkraut, home-made bread, warm Christmas drink	Whole-grain macaronis with pesto, flavored water L/F: Rice noodles with pesto
FRIDAY	Oat-flake porridge, jam, milk	Pure soup, black bread, berry kissel with whipped cream, cabbage snack	Potato salad, herbal tea L/F: Potato salad vegan with mayonnaise

L- lactose free (does not contain casein)

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

V- vegetarian (may contain egg)

WEEK MENU
December 17-21, 2018



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Semolina porridge, jam, milk	Pork goulash, potatoes, carrot and mung bean sprouts salad, black bread, kefir, apple L/F: Buckwheat and vegetable casserole, salad	Tomato sandwich, herbal tea L/F: Rice galette with tomato, tea
TUESDAY	Barley-flake porridge, jam, milk	Pea soup, black bread, curd and gingerbread desert, carrot snack L/F: Pea soup, berry kissel	Buckwheat porridge (L/F), black bread, kefir
WEDNESDAY	Milk and rice soup, cheese sandwich	Home-made fish cutlet, vegetable rice, black bread, Chinese cabbage and tomato salad, milk, pear	Yoghurt, cornflakes, banana L/F: Soya milk, cornflakes
THURSDAY	Rye-flake porridge, jam, milk	Pork, potatoes, sauerkraut, home-made bread, warm Christmas drink	Whole-grain macaronis with pesto, flavored water L/F: Rice noodles with pesto
FRIDAY	Oat-flake porridge, jam, milk	Pure soup, black bread, berry kissel with whipped cream, cabbage snack	Potato salad, herbal tea L/F: Potato salad vegan with mayonnaise

L- lactose free (does not contain casein)

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

V- vegetarian (may contain egg)

WEEK MENU
December 17-21, 2018



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Semolina porridge, jam, milk	Pork goulash, potatoes, carrot and mung bean sprouts salad, black bread, kefir, apple L/F: Buckwheat and vegetable casserole, salad	Tomato sandwich, herbal tea L/F: Rice galette with tomato, tea
TUESDAY	Barley-flake porridge, jam, milk	Pea soup, black bread, curd and gingerbread desert, carrot snack L/F: Pea soup, berry kissel	Buckwheat porridge (L/F), black bread, kefir
WEDNESDAY	Milk and rice soup, cheese sandwich	Home-made fish cutlet, vegetable rice, black bread, Chinese cabbage and tomato salad, milk, pear	Yoghurt, cornflakes, banana L/F: Soya milk, cornflakes
THURSDAY	Rye-flake porridge, jam, milk	Pork, potatoes, sauerkraut, home-made bread, warm Christmas drink	Whole-grain macaronis with pesto, flavored water L/F: Rice noodles with pesto
FRIDAY	Oat-flake porridge, jam, milk	Pure soup, black bread, berry kissel with whipped cream, cabbage snack	Potato salad, herbal tea L/F: Potato salad vegan with mayonnaise

L- lactose free (does not contain casein)

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

V- vegetarian (may contain egg)

WEEK MENU
December 17-21, 2018



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Semolina porridge, jam, milk	Pork goulash, potatoes, carrot and mung bean sprouts salad, black bread, kefir, apple L/F: Buckwheat and vegetable casserole, salad	Tomato sandwich, herbal tea L/F: Rice galette with tomato, tea
TUESDAY	Barley-flake porridge, jam, milk	Pea soup, black bread, curd and gingerbread desert, carrot snack L/F: Pea soup, berry kissel	Buckwheat porridge (L/F), black bread, kefir
WEDNESDAY	Milk and rice soup, cheese sandwich	Home-made fish cutlet, vegetable rice, black bread, Chinese cabbage and tomato salad, milk, pear	Yoghurt, cornflakes, banana L/F: Soya milk, cornflakes
THURSDAY	Rye-flake porridge, jam, milk	Pork, potatoes, sauerkraut, home-made bread, warm Christmas drink	Whole-grain macaronis with pesto, flavored water L/F: Rice noodles with pesto
FRIDAY	Oat-flake porridge, jam, milk	Pure soup, black bread, berry kissel with whipped cream, cabbage snack	Potato salad, herbal tea L/F: Potato salad vegan with mayonnaise

L- lactose free (does not contain casein)

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

V- vegetarian (may contain egg)