

WEEK MENU
December 9-13, 2019



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Rice porridge, jam, milk L/F: Rice porridge	Minced meat and vegetable sauce, buckwheat, grated beet, black bread, milk, pear L/F: Minced meat sauce, buckwheat, salad	Berry yoghurt, cornflakes
TUESDAY	Barley-flake porridge, jam, milk L/F: Corn semolina porridge	Fish soup, black bread, semolina cream with milk, cauliflower snack L/F: Soup, soya pudding	Milk and noodle soup, cheese sandwich L/F: Rice porridge with jam
WEDNESDAY	Oat-flake porridge, jam, milk L/F: Buckwheat porridge	Minced meat and beet balls, macaronis, carrot and pineapple salad, black bread, apple L/F: Minced meat balls, rice, salad, kefir	Ham and cheese sandwich, warm juice drink L/F: Rice galette with tomato
THURSDAY	Rye-flake porridge, jam, milk L/F: Millet porridge	Sauerkraut soup with pork, black bread, berry kissel with curd, carrot snack L/F: Sauerkraut soup, berry kissel	Baked potatoes, cold sauce with herbs, black bread, water
FRIDAY	Milk and semolina soup, tomato sandwich L/F: Soya milk with cornflakes	Chicken goulash, mashed potatoes, black bread, cabbage and chickpea salad, berry yoghurt, grapes L/F: Goulash, potatoes, salad	Cinnamon rolls, milk L/F: Chocolate muffin, soya milk

L- lactose free (does not contain casein)

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

V- vegetarian (may contain egg)