

**WEEK MENU**  
January 14-18, 2018



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Semolina porridge, jam, milk	Minced meat sauce, buckwheat, cabbage-carrot and tomato salad, black bread, kefir, apple	Berry yoghurt, cornflakes L/F: Soya milk, cornflakes
TUESDAY	Barley-flake porridge, jam, milk	Fish solyanka, sour cream, black bread, spelt-semolina porridge with cocoa, kissel, carrot snack L/F: Mushroom solyanka, berry kissel	Steamed vegetables, black bread, herbal tea
WEDNESDAY	Oat-flake porridge, jam, milk	Potato and minced meat casserole, carrot and pineapple salad, black bread, milk, pear L/F: Baked potatoes with minced meat, salad	Buckwheat with butter, sour cream, herbal tea
THURSDAY	Rye-flake porridge, jam, milk	Vegetable pure soup, black bread, curd with fresh jam, turnip snack L/F: Pure soup, kissel	Potato and barley porridge, black bread, apple juice L/F: Mashed potatoes, tea
FRIDAY	Yoghurt, muesli, banana	Kurzeme stroganoff, potatoes, black bread, Chinese cabbage and carrot salad, kefir, grapes L/F: Pork, potatoes, salad	Kama drink with berries, brown bread 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)

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