

WEEK MENU
January 20-24, 2020



NÄDALAPÄEV	HOMMIKUSÖÖK	LÕUNASÖÖK	OODE
ESMASPÄEV	Barley-flake porridge, jam, milk	Chili con Carne, rice, cabbage salad with paprika, black bread, milk, pear	Yoghurt with cornflakes L/F: Soya milk with flakes
TEISIPÄEV	Four-cereal porridge, jam, milk	Indian-style chicken soup, black bread, berry kissel with whipped cream, kohlrabi snack L/F: Chicken soup, berry kissel	Carrot pie, herbal tea L/F: Soya pudding
KOLMAPÄEV	Milk and macaroni soup, ham sandwich	Paella with vegetables (V), carrot and pumpkin seed salad, black bread, kefir, apple	Pancakes with jam, milk L/F: Muffin, juice
NELJAPÄEV	Rice porridge, jam, milk	Pumpkin pure soup, black bread, kefir jelly with berries, paprika snack L/F: Pure soup, soya pudding	Cheese pasta, water, black bread L/F: Rice noodles with vegetables
REEDE	Buckwheat-flake porridge, butter, milk	Coated fish, mashed potatoes, black bread, turnip and sour cream salad, flavored water with berries, persimmon L/F: Fish cutlet, potatoes, salad	Cinnamon roll, milk, banana L/F: Baked apples, 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)