

**WEEK MENU**  
January 24 -28, 2022



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Oat-flake porridge, jam, milk L/F: Rice porridge	Chicken goulash, rice, grated carrot, black bread, apple L/F: Tomato and chicken sauce, rice, salad	Cornflakes, berry yoghurt
TUESDAY	Four-cereal porridge, butter, milk L/F: Millet porridge	Vegetable and pork soup (L/F), black bread, white bread pudding, milk, cabbage	Cheese and cucumber sandwich, tea
WEDNESDAY	Milk and macaroni soup, cheese sandwich	Cabbage and minced meat stew (L/F), potatoes, pickled cucumber slices, black bread, pear	Vegetable soup (V), whole-grain bun
THURSDAY	Rye-flake porridge, jam, milk	Fish soup, black bread, milk kissel with jam, carrot snack	Spinach lasagne L/J: Rice noodles with spinach
FRIDAY	Egg porridge, black bread, tea	Vegetable ragout (V), beet and cabbage salad, black bread, flavored water with berries, mandarine	Cinnamon roll, milk L/F: Biscuit cake of rice flour

L- lactose free (does not contain casein)

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

V- vegetarian (may contain egg)