

WEEK MENU

July 13-17, 2020



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Wheat-flake porridge with jam, milk	Kurzeme stroganoff, potatoes, cabbage salad, black bread, milk, apple L/F: Rice noodles with minced meat, salad	Steamed vegetables, juice
TUESDAY	Four-cereal porridge, berries, milk	Home-made solyanka, sour cream, black bread, baked apples with vanilla sauce, cabbage snack L/F: Soup, kissel	Fruit yoghurt, chocolate flakes L/F: Soya milk, cornflakes
WEDNESDAY	Milk and macaroni soup, cheese sandwich	Meatloaf, buckwheat, warm sauce, black bread, carrot and apple salad, milk, nectarine L/F: Baked potatoes with meat, salad	Curd pudding with berries L/F: Rice porridge with fresh jam
THURSDAY	Multi-cereal porridge, jam, milk	Chicken and vegetable soup, black bread, bread pudding with milk, carrot snack L/F: Soup, berry kissel	Buckwheat and ham casserole, grated beet, black bread, flavored water with berries
FRIDAY	Omelet with cheese, cucumber sandwich, milk	Fish filet, rice, cold sauce, Chinese cabbage and paprika salad, black bread, milk, watermelon L/F: Fish filet, rice, salad	Apple cake, 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)