

WEEK MENU

July 15-19, 2019



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Oat-flake porridge with jam, milk	Minced meat pasta, cold sauce, cabbage salad with cucumber, black bread, milk, apple L/F: Rice noodles with minced meat, salad	White bread pudding with milk L/F: Rice galette with tomato, tea
TUESDAY	Semolina porridge, berries, milk	Borsch with pork, black bread, curd pudding with berry kissel, cauliflower snack L/F: Soup, kissel	Pelmenis, sour cream, black bread, milk L/F: Baked potatoes, rice galette, juice
WEDNESDAY	Milk and rice soup, tomato sandwich	Beef stroganoff, baked potatoes, black bread, grated beet, milk, pear L/F: Baked potatoes with meat, salad	Met ball soup, black bread
THURSDAY	Multi-cereal porridge, jam, milk	Creamy fish soup, black bread, berry jelly with whipped cream, carrot snack L/F: Soup, jelly	Boiled potatoes, cucumber salad with sour cream, black bread, flavored water with berries
FRIDAY	Berry yoghurt, cornflakes, banana	Baked chicken, rice, cream sauce, carrot and radish salad, black bread, milk, water melon L/F: Sauce, rice, salad	Pie, juice, fruit L/F: Berry 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)

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