

WEEK MENU

June 7-11, 2021



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Oat-flake porridge, jam, milk L/F: Rice porridge	Chicken and carrot sauce, rice, black bread, beet salad, apple L/F: Steamed chicken with carrot, rice, salad	Ham and cheese sandwiches, juice L/F: Rice galette with vegan cheese
TUESDAY	Corn semolina porridge, jam, milk L/F: Corn semolina porridge	Vegetable soup with pork (L/F) black bread, Rhubarb and semolina cream, cauliflower snack L/F: Berry kissel	Pelmenis with sour cream L/F: Berry kissel with cornflakes
WEDNESDAY	Milk and rice soup, cucumber sandwich L/F: Corn semolina porridge	Home-made cutlets, mashed potatoes, Chinese cabbage and tomato salad, black bread, water melon L/F: Mashed potatoes with fried minced meat, salad	Pancakes with jam, milk L/F: Mashed potatoes, salad
THURSDAY	Wheat-flake porridge, jam, milk L/F: Millet porridge	Fish soup, black bread, curd cream with berry kissel, turnip snack L/F: Vegetable soup	Vegetable cutlets, fresh salad (L/F), black bread, tea
FRIDAY	Buckwheat porridge, butter, milk L/F: Buckwheat porridge	Vegetable wok with noodles and minced meat, ice cabbage, paprika and cucumber salad, black bread, pear L/F: Vegetable wok, salad	Cinnamon roll, pudding 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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THURSDAY	Wheat-flake porridge, jam, milk L/F: Millet porridge	Fish soup, black bread, curd cream with berry kissel, turnip snack L/F: Vegetable soup	Vegetable cutlets, fresh salad (L/F), black bread, tea
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