

WEEK MENU
March 1 - 5, 2021



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Four-cereal porridge, jam, milk L/F Corn semolina porridge	Bolognese sauce (L/F), rice, black bread, carrot and sunflower seeds salad, kefir, apple	Vegetable soup (L/F/V), black bread
TUESDAY	Rice porridge, jam, milk L/F: Rice porridge	Indian-style chicken soup, black bread, milk kissel with jam, carrot snack L/F: Chicken soup, berry kissel	Roasted baked carrot and potatoes with oregano (L/F), black bread, flavored water with berries
WEDNESDAY	Milk and macaroni soup, bread with paste L/F: Soya milk and rice soup	Fish fingers, mashed potatoes, black bread, cucumber, tomato and sour cream salad, pear L/F: Boiled potatoes, baked salmon, salad	Pancakes with jam, milk L/F: Biscuit cake, juice
THURSDAY	Buckwheat porridge, butter, milk L/F: Buckwheat porridge	Solyanka, sour cream, black bread, apple cake with milk, paprika snack L/F: Vegetable soup with tomatoes, kissel	Ham and cheese pasta, brown bread L/F: Rice macaronis with vegan cheese
FRIDAY	Milk and semolina soup, cucumber sandwich L/F: Soya milk and rice soup	Cutlet, buckwheat, warm cream sauce, grated beet, black bread, melon L/F: Buckwheat, steamed pork, salad	Carrot pie, herbal tea 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)