

Week Menu
March 9-13, 2020



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Semolina porridge, jam, milk L/F: Corn semolina porridge	Minced meat sauce with buckwheat, carrot and pineapple salad, black bread, flavored water with lemon, apple	Berry yoghurt, cornflakes L/F: Soya milk, cornflakes
TUESDAY	Barley-flake porridge, jam, milk L/F: Buckwheat porridge	Fish solyanka, sour cream, black bread, white bread pudding with milk, carrot snack L/F: Mushroom solyanka, berry kissel	Steamed vegetables, black bread, herbal tea
WEDNESDAY	Milk and semolina soup, cheese sandwich L/J: Rice porridge	Potato and minced meat casserole, cold sauce, carrot and pineapple salad, black bread, pear L/F: Baked potatoes with minced meat, salad	Buckwheat with butter, sour cream, milk
THURSDAY	Rye-flake porridge, jam, milk L/F: Millet porridge	Borsch, black bread, curd with fresh jam, turnip snack L/F: Puree soup, kissel	Potato and barley porridge, black bread, apple juice L/F: Mashed potatoes, tea
FRIDAY	Yoghurt, muesli, banana L/F: Soya milk with cornflakes	Kurzeme stroganoff, potatoes, black bread, Chinese cabbage and carrot salad, grapes L/F: Pork sauce, potatoes, salad	Kama smoothie with berries, brown bread 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)