

WEEK MENU

May 10-14, 2021



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Rice porridge, jam, milk L/F: Rice porridge	Potato and minced meat casserole, black bread, carrot and redcurrant salad, water melon L/F: Baked potatoes with minced meat, salad	Ham and cheese sandwich, tea L/F: Rice galette with vegan cheese, tea
TUESDAY	Four-cereal porridge, jam, milk L/F: Millet porridge	Chicken and lent soup, black bread , cocoa kissel with jam, cabbage snack L/F/V: Beet soup, berry kissel with cornflakes	Baked potatoes, cold sauce, black bread L/F: Baked potatoes
WEDNESDAY	Semolina soup, ham sandwich L/F: Buckwheat porridge	Pork Stroganoff, buckwheat, cabbage and pickled cucumber salad, black bread, apple L/F: Baked pork, buckwheat, salad	Pancakes with jam, milk L/J: Muffin, rice milk
THURSDAY	Oat-flake porridge, jam, milk L/F: Rice porridge	Home-made solyanka, black bread, berry jelly with whipped cream, carrot snack L/F/V: Tomato soup, berry kissel	Carrot cutlets, fresh salad, kefir L/F: Baked potatoes with herbs, salad
FRIDAY	Buckwheat porridge, butter, milk L/F: Buckwheat porridge	Chili con Carne, macaronis, ice-cabbage and paprika salad, black bread, pear L/F: Chili con Carne, rice, salad	Cinnamon roll, berry yoghurt L/F: Rice galette with cucumber

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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