

## WEEK MENU

May 20-24, 2018



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Barley-flake porridge, jam, milk	Pasta Bolognese, spaghettis, cabbage-cucumber salad, black bread, milk, apple L/F: Sauce, rice macaronis, salad	Cheese sandwich, tea L/F: Rice galette with cucumber, tea
TUESDAY	Four-cereal porridge, jam, milk	Chicken-lentil soup, black bread, rye-lingoberry cream, milk, milk, cabbage snack L/F: Chicken soup, berry kissel	Vegetable pie, herbal tea L/F: Soya pudding
WEDNESDAY	Milk and macaroni soup, ham sandwich	Paella with vegetables (V), cold sauce with dill, carrot and pumpkin seed salad, black bread, kefir, pear	Baked potatoes, fresh salad, milk L/F: Baked potatoes, soya milk
THURSDAY	Rice porridge, jam, milk	Borsch, sour cream, black bread, ice-cream, carrot snack L/F: Soup, berry kissel with rice galette	Cheese pasta, water, black bread L/F: Rice noodles with vegetables
FRIDAY	Buckwheat-flake porridge, butter, milk	Polish fish sauce, baked potatoes, black bread, Chinese cabbage and carrot salad, flavored water with berries, apple L/F: Fish sauce, potatoes, salad	Carrot pie, milk, banana L/F: Baked apples, 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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