

WEEK MENU

November 12-16, 2018



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Semolina porridge, jam, milk L/F : Rice porridge, soya milk	Chicken goulash, potatoes, carrot and mung bean sprouts salad, black bread, kefir, apple L/F: Steamed minced meat, potatoes, salad	Tomato sandwich, herbal tea L/F: Rice galette with tomato, tea
TUESDAY	Barley-flake porridge, jam, milk L/F: Millet porridge, soya milk	Pea soup, black bread, rye and blackberry cream, milk, carrot snack L/F: Pea soup, berry kissel	Buckwheat porridge (F/L), black bread, kefir
WEDNESDAY	Milk and rice soup, cheese sandwich L/F: Buckwheat porridge, soya milk	Home-made fish cutlet, vegetable rice, black bread, Chinese cabbage and tomato salad, milk, pear V: Vegetable rice, salad, beet	Yoghurt, cornflakes, banana L/F: Soya milk, cornflakes
THURSDAY	Rye-flake porridge, jam, milk L/F: Corn semolina porridge, soya milk	Solyanka, sour cream, black bread, bread pudding with whipped cream, cauliflower snack L/F: Mushroom solyanka, soya pudding	Whole-grain macaronis with pesto, herbal water L/F: Rice noodles with pesto
FRIDAY	Oat-flake porridge, jam, milk L/F: Rice-flake porridge, soya milk	Minced meat lasagna, cabbage and carrot salad, black bread, kefir, apple L/F: Steamed vegetables, salad	Cream bun, herbal tea, persimmon L/F: Chocolate muffin, tea

L- lactose free (does not contain casein)

F- flour free (does not contain wheat, rye, barley or oat flour)

V- vegetarian (may contain egg)