

**WEEK MENU**  
October 15 -19, 2018



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Rice porridge, jam, milk	Vegetable sauce, buckwheat, beet and apple salad, black bread, flavored water with lemon, apple L/F: Vegetable sauce, buckwheat, salad	Minced meat pie, milk, banana L/F: Chocolate muffin, banana
TUESDAY	Barley-flake porridge, jam, milk	Cabbage soup with minced meat, black bread, spelt and apple cake, milk, carrot snack L/F: Soup, berry kissel	Potato and barley porridge, black bread, herbal tea L/F: Potato and barley porridge, tea
WEDNESDAY	Millet porridge, jam, milk	Salmon pasta, carrot and pineapple salad, black bread, milk, plum L/F: Rice noodles with salmon, salad	Sandwich with carrot butter, kefir L/F: Rice galette with cucumber
THURSDAY	Rye-flake porridge, jam, milk	Vegetable soup with peas, black bread, curd desert, cabbage snack L/F: Soup, berry kissel	Buckwheat porridge with butter, milk L/F: Buckwheat
FRIDAY	Semolina soup, cucumber sandwich	Pork stroganoff, whole-grain rice, black bread, cabbage salad, kefir, melon L/F: Pork sauce, rice, salad	Kama drink with berries, bread L/F: Soya milk with cornflakes

L- lactose free (does not contain casein)

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

V- vegetarian (may contain egg)