

WEEK MENU
October 25-29, 2021



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Rice porridge, jam, milk L/F: Rice porridge	Chili con Carne, rice, carrot salad, black bread, flavored water with lemon, apple L/F: Vegetable sauce, buckwheat, salad	Meat pie, milk, banana L/F: Chocolate muffin, banana
TUESDAY	Barley-flake porridge, jam, milk L/F: Corn semolina porridge	Borsch, sour cream, black bread, curd and biscuit cream, 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 L/F: Millet porridge	Creamy pasta with salmon, carrot and pineapple salad, black bread, milk, plum L/F: Rice noodles with salmon, salad	Bread with carrot butter, kefir L/F: Rice galette with cucumber
THURSDAY	Rye-flake porridge, jam, milk L/F: Buckwheat porridge	Pumpkin pure soup, black bread, spelt pie with apples, milk, cabbage snack L/F: Soup, berry kissel	Buckwheat porridge with butter, milk L/F: Buckwheat porridge
FRIDAY	Semolina soup, cucumber sandwich L/F: Rice-flake porridge	Pork stroganoff, buckwheat, black bread, cabbage salad, kefir, melon L/F: Pork sauce, rice, salad	Kama drink with berries, brown 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) Toitlustajal on õigus vajadusel menüüd jooksvalt muuta.