

WEEK MENU
September 21-25, 2020



| DAY | BREAKFAST | LUNCH | DINNER |
|-----------|--|---|---|
| MONDAY | Corn semolina porridge, jam, milk L/F: Corn semolina porridge | Pork goulash, potatoes, carrot and mung bean sprouts salad, black bread, kefir, pear L/F: Buckwheat and vegetable casserole, salad | Tomato sandwich, herbal tea L/F: Rice galette with tomato, tea |
| TUESDAY | Barley-flake porridge, jam, milk L/F: Rice porridge | Cabbage and minced meat soup, black bread, rye and black berry cream, milk, carrot snack L/F: Pea soup, berry kissel | Buckwheat porridge with ham, black bread, kefir |
| WEDNESDAY | Oat-flake porridge, jam, milk L/F: Buckwheat porridge | Home-made fish cutlet, vegetable rice, black bread, cabbage and tomato salad, milk, apple V: Vegetable rice, salad, beet | Mashed potatoes and pumpkin, brown bread, flavored water with berries |
| THURSDAY | Rye-flake porridge, jam, milk L/F: Millet porridge | Solyanka, sour cream, black bread, milk kissel with jam, cauliflower snack L/F: Mushroom solyanka, soya pudding | Pesto pasta, flavored water L/F: Rice noodles with pesto |
| FRIDAY | Milk and rice soup, cheese sandwich L/F: Rice soup with soya milk | Lasagne with minced meat, cabbage and carrot salad, black bread, berry smoothie, water melon L/F: Steamed vegetables, salad | Cream roll, green tea 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)