

WEEK MENU
September 18-22, 2017

DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Spelt porridge, jam, milk	Minced meat and vegetable sauce, buckwheat, cabbage and corn salad, black bread, milk, apple	Milk and macaroni soup, cheese sandwich
TUESDAY	Millet porridge, jam, milk	Beet soup, sour cream, black bread, milk kissel with jam, carrot snack	Omelet with ham, kefir
WEDNESDAY	Four-cereal porridge, jam, milk	Sauerkraut with pork, boiled potatoes, tomato slices, black bread, flavored water with berries, water melon	Cocoa curd, brown bread
THURSDAY	Rye-flake porridge, jam, milk	Chicken and lentil soup, black bread, semolina cream with milk, cabbage snack	Vegetable ragout, tea
FRIDAY	Oat-flake porridge, jam, milk	Greek fish sauce, steamed rice, grated carrot, black bread, milk, pear	Home-made apple cake of spelt flour, milk