

WEEK MENU
September 20-24, 2021



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Semolina porridge, jam, milk	Chili con Carne, rice, carrot and cabbage salad, black bread, pear L/F: Rice and vegetable stew, salad	Berry yoghurt with kama balls L/F: Soya milk with cornflakes
TUESDAY	Four-cereal porridge, jam, milk L/F: Corn semolina porridge	Chicken and vegetable soup, black bread, pancakes with jam, milk, turnip snack L/F: Soup, berry kissel	Vegetable cutlets, fresh salad, milk L/F: Rice galette with cucumber, soya milk
WEDNESDAY	Milk and rice soup, tomato sandwich L/F: Rice porridge	Home-made cutlet, potatoes, warm sauce, grated beet, black bread, milk, plum L/F: Mashed potatoes with minced meat, salad	Pelmenis with sour cream, flavored water L/J: Rice noodles with coconut cream
THURSDAY	Buckwheat porridge, butter, milk L/F: Buckwheat porridge	Fish soup, black bread, black bread pudding with whipped cream, carrot snack L/F: Soup, berry kissel	Semolina pudding with berry kissel L/F: Berry kissel with cornflakes
FRIDAY	Millet porridge, jam, milk L/F: Corn semolina porridge	Vegetable ragout (V), black bread, Chinese cabbage salad with paprika, milk, apple L/F: Vegetable ragout, salad	Ham sandwich, herbal tea L/F: Rice galette with vegan cheese, 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)