

WEEK MENU

April 16-20, 2018



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Rice porridge, jam, milk	Chicken sauce, baked potatoes, carrot, pineapple and paprika salad, black bread, kefir, apple L/F: chicken sauce, buckwheat, salad	Mashed potatoes, fresh salad, tea L/F: mashed potatoes, salad
TUESDAY	Barley-flake porridge, jam, milk	Borsch, sour cream, black bread, pancakes with jam, milk, radish L/F: borsch, soya pudding	Warm cheese sandwiches, juice L/F: cucumber sandwich, juice
WEDNESDAY	Millet porridge, jam, milk	Potato and minced meat casserole, beet and cabbage salad, black bread, flavored water, pear L/F: baked potatoes with minced meat, salad	Fish cutlet, fresh salad, brown bread, milk L/F: fish cutlet, salad
THURSDAY	Rye-flake porridge, jam, milk	INDIAN DAY Indian-style vegetable soup, black bread, mango lassi, carrot snack L/F: soup, cocktail with rice milk and mango	Potato and egg salad, black bread, tea
FRIDAY	Berry yoghurt, muesli, brown bread	Coated fish, rice with vegetables, carrot and radish salad, black bread, milk, apple L/F: fish cutlet, rice, salad	Curd bread, hot chocolate, turnip snack L/F: tomato sandwich, rice milk

L- lactose free (may contain casein)

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

V- vegetarian (may contain egg)