

## WEEK MENU

April 23-27, 2018



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Four-cereal porridge, jam, milk	Minced meat pasta, grated beet, black bread, milk, apple L/F: Rice macaronis with minced meat, salad	Cucumber sandwich, hot chocolate L/F: rice galette with cucumber, soya milk
TUESDAY	Oat-flake porridge, jam, milk	Minced meat soup, black bread, cocoa kissel with jam, cabbage snack L/F: minced meat soup, soya pudding	Baked potatoes, cold sauce, black bread, milk L/F: baked potatoes, black bread
WEDNESDAY	Semolina porridge, jam, milk	Kurzeme stroganoff, boiled potatoes, grated carrot, black bread, flavored water with berries, apple L/F: meat sauce without milk, potatoes, salad	Cheese omelet, black bread, herbal tea L/F: egg porridge, black bread, tea
THURSDAY	Rye-flake porridge, jam, milk	Fish solyanka, sour cream, black bread, curd cream with berry kissel, carrot snack L/F: fish solyanka, berry kissel with cornflakes	Macaroni and vegetable salad, black bread, milk L/F: rice macaronis with vegetables, flavored water
FRIDAY	Mango yoghurt, cornflakes, banana	Meatloaf, buckwheat, warm tomato sauce, cabbage and paprika salad, black bread, milk, apple L/F: meatloaf, buckwheat, salad	Cinnamon roll, milk, turnip L/F: cinnamon roll, turnip

L- lactose free (may contain casein)

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

V- vegetarian (may contain egg)