

WEEK MENU
August 13 -17, 2018



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Semolina porridge, jam, milk	Cabbage soup with minced meat, rice pudding, blueberry kissel, black bread, milk, apple L: Soup, kissel	Ham salad, black bread, juice L: Soya pudding
TUESDAY	Muesli, yoghurt	Pork goulash, pasta, vegetable salad, black bread, cabbage snack, milk L: Soup, kissel	Fruit yoghurt, roasted oat flakes L: Soya milk, oat flakes
WEDNESDAY	Curd, jam	Beef and lentil soup, black bread, chocolate muffin, pear	Buckwheat salad with fish, egg and vegetables, black bread, juice L/F: Buckwheat with vegetables
THURSDAY	Five-cereal porridge, jam, milk	Fish file in cream sauce, potatoes, red cabbage salad, black bread, kefir L: Fish file, potatoes, salad	Cabbage pie, juice L/F: Pudding, banana
FRIDAY	Berry yoghurt, cornflakes	Vegetable pure soup with pumpkin seeds, apple cake, black bread, apple L/F: Sauce, buckwheat, salad	Brown bread with butter and tomato, juice drink L/F: Soya pudding, rice galette

L- lactose free (does not contain casein)

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

V- vegetarian (may contain egg)