

WEEK MENU
February 19-23, 2018



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Spelt flake porridge, jam, milk	Chicken goulash, buckwheat, cabbage and beet salad, black bread, milk, apple Milk and gluten free: goulash, buckwheat, salad	Cucumber sandwich, tea, carrot Milk and gluten free: cucumber sandwich
TUESDAY	Three-cereal porridge, jam, milk	Home-made solyanka, sour cream, black bread, cocoa kissel with jam, cabbage snack Milk and gluten free: mushroom solyanka, soya pudding	Mashed eggs, black bread, juice Milk and gluten free: mashed eggs, juice
WEDNESDAY	Buckwheat porridge, jam, milk	Pasta Bolognese of whole-grain pasta, cabbage and corn salad, milk, black bread, pear Milk and gluten free: Pasta Bolognese, salad	Vegetable ragout, brown bread, herbal tea
THURSDAY	Rye-flake porridge, jam, milk	Chicken and vegetable soup, black bread, curd cream with berries, carrot snack Milk and gluten free: chicken and vegetable soup, berry kissel	Baked potatoes, black bread, cabbage and sour cream salad with dill, milk
FRIDAY	Berry yoghurt, cornflakes, banana	Home-made fish cutlet, boiled potatoes, cold sauce, carrot and turnip salad, black bread, flavored water, apple Milk and gluten free: fish cutlet, salad	Curd bun, juice