

**WEEK MENU**  
July 16 -20, 2018

DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Semolina porridge, jam, milk	Bolognese sauce, pasta, carrot and pineapple salad, black bread, flavored water, apple  L: Chicken sauce, rice, salad	Cheese sandwich, milk L: Tomato sandwich, soya milk
TUESDAY	Three-cereal porridge, jam, milk	Borsch (L/F), black bread, berry kissel with curd, carrot snack  L: Soup, kissel	Pancakes with jam, milk L: Muffin, almond milk
WEDNESDAY	Oat-flake porridge, jam, milk	Potato and minced meat casserole, black bread , Chinese cabbage and paprika salad, milk, pear  L: Baked potatoes and minced meat, salad	Cucumber sandwich, water  L/F: Cucumber sandwich, soya milk
THURSDAY	Rye-flake porridge, jam, milk	Fish solyanka, black bread, ice-cream, cabbage snack  L: Soup, kissel with rice galette	Macaroni salad, black bread, milk  L/F: Soya pudding
FRIDAY	Berry yoghurt, cornflakes	Chicken sauce, rice, carrot and pineapple salad, black bread, milk, apple  L/F: Sauce, rice, salad	Berry muffin, milk  L/F: Berry muffin, soya milk

L- lactose free (does not contain casein)

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

V- vegetarian (may contain egg)