

WEEK MENU

July 24-28, 2017



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Oat-flake porridge, jam, milk	Coated fish, baked potatoes, carrot-cabbage salad, black bread, kefir, apple	Milk and rice soup, cheese sandwich
TUESDAY	Millet porridge, jam, milk	Farmer's soup, black bread, pancakes with jam, milk, carrot snack	Curd cream with kissel
WEDNESDAY	Four-cereal porridge, jam, milk	Chicken meatballs in tomato sauce, rice, black bread, grated beet, flavored water with berries, pear	Cheese pasta, juice drink
THURSDAY	Rye-flake porridge, jam, milk	Borsch, sour cream, black bread, rye cream with milk, turnip snack	Potato salad, black bread, juice drink
FRIDAY	Berry yoghurt, cornflakes, brown bread	Pork stroganoff, buckwheat, cabbage and beet salad, black bread, milk, apple	Apple cake, milk, carrot