

WEEK MENU
June 17-21, 2019



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Yoghurt, chocolate flakes	Minced meat pasta, cabbage salad with dill, black bread, flavored water, apple L/F: Minced meat pasta, salad	Vegetable ragout, milk, L/F: Vegetable ragout
TUESDAY	Semolina porridge, jam, milk	Borsch (L/F), black bread, rhubarb kissel with whipped cream, carrot snack L/F: Borsch, kissel	Pancakes with jam, milk L/F: Soya pudding
WEDNESDAY	Oat-flake porridge, jam, milk	Hicken sauce, rice, black bread, carrot and pineapple salad, milk, pear L/F: Sauce, rice, salad	Curd with jam L/F: Soya pudding
THURSDAY	Rye-flake porridge, jam, milk	Minestrone, black bread, semolina cream with milk, radish snack L/F: Minestrone, kissel with rice galette	Cheese and cucumber sandwich, water L/F: Rice galette with cucumber, soya milk
FRIDAY	Fruit yoghurt, muesli	Wholegrain coated fish, potatoes, cold sauce, ice-cabbage and cucumber salad, black bread, milk, apple L/F: Cutlet, potatoes, salad	Cinnamon roll, milk L/F: Biscuit, 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)

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