

WEEK MENU
June 18-22, 2018



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Yoghurt, cornflakes	Minced meat pasta, cabbage and cucumber salad, black bread, milk, apple L/J: Vegetable wok, salad	Cheese sandwich, milk L/F: Rice galette with tomato, soya milk
TUESDAY	Four-cereal porridge, jam, milk	Borsch (L/F), sour cream, black bread, pancakes with jam, milk, turnip snack L/F: Borsch, kissel with cornflakes	Fish cutlet, fresh salad, tea
WEDNESDAY	Semolina porridge, jam, milk	Chicken sauce, rice, black bread, carrot and turnip salad, kefir, pear L/F: Chicken sauce, rice, salad	Milk and macaroni soup, cucumber sandwich L/F: Rice galette with cucumber, soya milk
THURSDAY	Rye-flake porridge, jam, milk	Vegetable and pork soup, black bread, caramel kissel with jam, turnip snack L/F: Pork soup, kissel with rice galette	Rice porridge, rhubarb kissel L/F: Kissel, corn galette
FRIDAY	Fruit yoghurt, muesli, brown bread	Fish, baked potatoes, tar-tar sauce, cabbage salad, black bread, milk, apple L/F: Fish cutlet, potatoes, salad	Pie, milk L/F: Gluten and casein free chocolate muffin

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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