

## WEEK MENU

May 21-25, 2018



| DAY       | BREAKFAST                              | LUNCH   | DINNER  |
|-----------|--|---|---|
| MONDAY    | Rice porridge, jam, milk               | Chicken sauce, buckwheat, carrot and pineapple salad, black bread, milk, apple<br><br>L/F: Chicken sauce, potatoes, salad | Berry yoghurt, cornflakes, brown bread, carrot<br><br>L/F: Rice milk, cornflakes  |
| TUESDAY   | Barley-flake porridge, jam, milk       | Home-made solyanka, sour cream, black bread, vanilla ice-cream, turnip<br><br>L/F: Mushroom solyanka, berry kissel        | Egg butter sandwich, tea, fruit<br><br>L/F: Rice galette with cucumber, tea       |
| WEDNESDAY | Millet porridge, jam, milk             | Polish-style fish sauce, herbal rice, black bread, berry yoghurt, pear<br><br>L/F: Fish cutlet, rice, salad               | Cheese omelet, black bread, milk<br><br>L/F: Egg porridge, soya milk              |
| THURSDAY  | Rye-flake porridge, jam, milk          | Meat ball soup, black bread, home-made Swiss roll, milk, carrot snack<br><br>L/F: Vegetable soup, chocolate muffin        | Mashed potatoes and carrots, fresh salad, milk<br><br>L/F: Mashed potatoes, salad |
| FRIDAY    | Berry yoghurt, kama balls, brown bread | Ham pasta, cabbage salad, black bread rhubarb drink<br><br>L/F: Gluten-free macaronis with minced meat, salad             | Curd bun milk<br><br>L/F: Soya pudding  |

L- lactose free (may contain casein)

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

V- vegetarian (may contain egg)