WEEK MENU

January 13-17

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|  | **BREAKFAST** | **LUNCH** | **DINNER** |
| MONDAY | Oatmeal porridge, jam, milk, apple | Pork stroganoff, boiled potatoes, carrot-pineapple salad, bread  B: Vegetable-cream sauce  P: Sauce with oat cream | Berry smoothie, corn flakes  V: Soy milk with corn flakes |
| TUESDAY | Four-grain porridge, apple pieces, milk, cauliflower | Rassolnik, bread, berry cake, milk  V: Vegetable soup  P: Vegetable soup with beef | Dumplings, sour cream  V: Vegan dumplings |
| WEDNESDAY | Buckwheat porridge, butter, milk, pear | Pasta with minced chicken and carrots (P/M), cold sauce with dill, beetroot and ice cabbage salad, bread  V: Wholemeal pasta with vegetables | Oven-roasted vegetables with herbs (V) |
| THURSDAY | Wheat-flake porridge, jam, milk, white radish | Fish-vegetable soup (P/M), bread, semolina casserole with berry kissel  V: Vegetable soup with white beans | Wrap with ham and cheese  V: Wrap with vegetables |
| FRIDAY | Rye-flake porridge, jam, milk, apple | Plov with minced beef (P/M), cabbage salad with sour cream, bread  V: Rice-tomato dish | V : Veganmuffin  Cinnamon roll, flavored water with berries  V: Vegan muffin |

M L- lactose-free, casein-free

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

V- vegetarian (may contain egg)

P-pork free

G-gluten free