WEEK MENU

July 14-18, 2025

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|  | **BREAKFAST** | **LUNCH** | **DINNER** |
| MONDAY | Four-grain porridge, jam, milk, pear | Macaroni with minced meat (M), cold sour cream sauce, carrot-cabbage salad, bread  V/M: Macaroni with vegetables | Pancake with jam, milk |
| TUESDAY | Rice porridge, pear pieces, milk, turnip snack | Meatball soup, bread, cocoa kissel with jam  V: Beetroot-vegetable soup, semolina foam with vegan milk  P: Borsch with chicken | Fried potatoes, cabbage and sour cream salad, bread |
| WEDNESDAY | Rye-flake porridge, jam, milk, apple | Pork sauce, buckwheat, beetroot-cabbage salad  V: Vegetable sauce with chickpeas, potatoes, salad  M: Chicken sauce without milk | Vegetable puree soup, seed bun |
| THURSDAY | Millet porridge, jam, milk, radish | Minestone with chicken (P/M), bread, apple pudding with milk  V: Vegetable soup  P: Vegetable soup with minced chicken | Fresh vegetables with dipping sauce, cheese sandwich |
| FRIDAY | Five-grain porridge, jam, milk, pear | Minced meat-carrot cutlets (M), mashed potatoes, warm cream sauce, Chinese cabbage-corn salad, bread  V: Chickpea cutlets  P: Fried fish fillet, mashed potatoes | Cinnamon roll, milk |

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