WEEK MENU 

September 15-19

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|  | **BREAKFAST** | **LUNCH** | **DINNER** |

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| MONDAY | Corn semolina porridge, butter, milk | Creamy chicken sauce, boiled potatoes, cabbage-carrot salad, kefir, pear  V: Vegetable sauce, potatoes, salad  M: Chicken sauce without milk, potatoes, salad | Omelette, rye bread  V/M: Hummus sandwich |
| TUESDAY | Barley-flake porridge with berries, milk | Borsch with fresh cabbage and pork (G/M), bread, kama foam with berries, carrot snack  V: Beetroot soup with chickpeas | Pasta with cheese, fresh salad |
| WEDNESDAY | Rye-flake porridge, jam, milk | Baked chicken thigh (G/M), sauce, pasta, grated beetroot, bread, apple  V: Vegan cutlets | Milk noodle soup, bread with pate  V: Macaroni soup with soy milk |
| THURSDAY | Oatmeal porridge, jam, milk | Minced meat soup with vegetables and rice noodles (G/M), bread, semolina foam with milk, radish snack  V: Vegetable soup, semolina foam with soy milk | Boiled potatoes, cottage cheese with dill and tomato |
| FRIDAY | Four-grain porridge, jam, milk | Breaded fish fillet, rice, cold sauce with herbs, watermelon  V: Overcooked eggplant with vegan cheese | Cinnamon roll, milk  V: Vegan cake |

M L- lactose-free, casein-free

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

V- vegan

P-pork free