WEEK MENU

December 2 – 6

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|  | **BREAKFAST** | **LUNCH** | **DINNER** |
| MONDAY | Corn semolina porridge, jam, milk | Chicken-cream sauce (P), boiled potatoes, carrot-pineapple salad, bread, apple  V: Oat cream-vegetable sauce  M: Chicken sauce with oat cream | Milk- macaroni soup, bread with cheese  V/M: Macaroni with vegan cheese |
| TUESDAY | Oatmeal porridge with berries, milk | Homemade solyanka, sour cream, bread, milk kissel with jam, cabbage snack  V: Tomato soup  P/M: Tomato soup with chicken | Ham sandwich  V/P: Bread with fresh cucumber |
| WEDNESDAY | Buckwheat porridge, butter, milk | Wholegrain pasta with minced chicken and carrots (P), cold sauce with dill, beetroot-ice cabbage salad, bread, pear  V: Pasta with vegetables, vegan mayonnaise | Cup yogurt, banana |
| THURSDAY | Wheat porridge, jam, milk | Creamy salmon soup, bread, semolina foam with milk  V: Vegetable-soy milk soup  M: Vegetable soup with salmon | Baked potato, cold sauce, bread, milk |
| FRIDAY | Rye-flake porridge, jam, milk | Tomato beef stew (P/M), steamed buckwheat, cabbage- pickled cucumber salad, bread, apple  V: Tomato-chickpea stew, buckwheat | Cinnamon roll, flavored water with berries |

M L- lactose-free, casein-free

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

V- vegetarian (may contain egg)

P-pork free