WEEK MENU

October 6-10.25

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|  | **BREAKFAST** | **LUNCH** | **DINNER** |
| MONDAY | 4- cereal porridge, jam, milk | Chicken-cream sauce (P), boiled potatoes, carrot-pineapple salad, bread, apple  V: Vegetable sauce, potatoes, salad | Macaroni-milk soup, bread  V: Macaroni with pesto |
| TUESDAY | Millet porridge, pear slices, milk | Vegetable soup with turkey meat (P/M), bread, pancake with jam, milk, cabbage snack  V: Vegetable-lentil soup | Scrambled eggs, bread with fresh cucumber  V/M: Bread with cucumber |
| WEDNESDAY | Oatmeal porridge with pumpkin seeds, jam, milk | Broccoli pasta with ham and cream sauce, beetroot-ice cabbage salad, bread, pear  V /M: Broccoli pasta with oat cream  S: Pasta with chicken | Baked potatoes, cabbage-turnip salad with sour cream, bread, herbal tea |
| THURSDAY | Rye cereal porridge, jam, milk | Tuna soup with vegetables (P/M), bread, juicy carrot muffin  V: Vegetable soup with peas | Vegetable risotto (V), cold sauce |
| FRIDAY | Semolina porridge, jam, milk | Azu with pork, cabbage salad, bread, apple  V: Vegetable stew with red beans | Carrot pie, berry smoothie |

M L- lactose-free, casein-free

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

V- vegan

P-pork free