WEEK MENU 

September 16-20

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|  | **BREAKFAST** | **LUNCH** | **DINNER** |
| MONDAY | Semolina porridge, jam, milk | Chicken goulash (P), buckwheat, carrot-mung bean sprout salad, bread, kefir, apple  V: Tomato-vegetable sauce  M: Chicken sauce with vegetables | Sandwich with tomato, herbal tea |
| TUESDAY | Barley-flake porridge, berries, milk | Meatball soup, bread, strawberry semolina foam, milk, carrot snack  V: Vegetable soup  P: Vegetable soup with beef | Buckwheat porridge (V) with butter, bread, kefir |
| WEDNESDAY | Rice porridge, jam, milk | Creamy fish sauce (P), vegetable rice, bread, Chinese cabbage-tomato salad, milk, pear  V: Oat cream vegetable sauce  M: Vegetable-fish sauce | Yogurt, cornflakes, banana |
| THURSDAY | Rye-flake porridge, jam, milk | Homemade solyanka, sour cream, bread, rye bread soup with whipped cream, cauliflower snack  V: Tomato soup with chickpeas  P: Tomato soup with chicken | Whole grain macaroni with ham, flavored water  V: Pasta with pesto  P/M: Pasta with pesto |
| FRIDAY | Oat-flake porridge, jam, milk | Meatloaf (M), potato-pumpkin puree, cabbage-carrot salad, bread, kefir, apple  V: Lentil loaf  P: Fish sticks | Onion bread, herbal tea, persimmon |

L- lactose-free, casein-free

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

T- vegetarian (may contain egg)