



MENU

AUGUST 11-15

MONDAY

LUNCH: Meatloaf, Sour Cream Sauce, Potatoes or Rice,
Cabbage-Carrot Salad, Fruit

EVENING SNACK: Pasta with Chicken, Grated Cheese, Fruit

TUESDAY

LUNCH: Pea Soup, Cocoa Kissel with Jam

EVENING SNACK: Pilaf with Beans, Fruit

WEDNESDAY

LUNCH: Beef Sauce with Carrots, Rice or Mashed Potatoes,
Vegetable Salad, Fruit

EVENING SNACK: Rye Bread with Egg Butter, Cheese and Tomatoes,
Banana Kefir Smoothie, Fruit

THURSDAY

LUNCH: Fish Soup,

Apple-Rye Mousse, Vegetable

EVENING SNACK: Buckwheat Porridge with Minced Meat,
Sour Cream, Beetroot Salad with Apple

FRIDAY

LUNCH: Chicken Curry Sauce, Pasta or Potatoes,
Carrot-Pineapple Salad, Fruit

EVENING SNACK: Apple Cake, Vegetable

