

WEEK 1

Monday

Breakfast: 4-grain porridge, a fruit

Lunch: Fish fingers and mashed potatoes, carrot and cabbage

Snack: Fruit salad, a fruit

Tuesday

Breakfast: Barley porridge, a fruit

Lunch: Rice and meat-vegetable gravy, Greeksalad

Snack: Strawberry kissel, a fruit

Wednesday

Breakfast: Rye porridge, a fruit

Lunch: Spinach soup and boiled egg, cucumber

Snack: Karelian pasty, a fruit

Thursday

Breakfast: Wheat porridge, a fruit

Lunch: Boiled potatoes and hot dog sauce, pea-corn-bellpepper

Snack: Banana quark, a fruit

Friday

Breakfast: Oatmeal, a fruit

Lunch: Creamy chicken pasta, lettuce

Snack: Berry pie, a fruit

