

WEEK 2

Monday

Breakfast: 4-grain porridge, a fruit

Lunch: Fish steaks and oven potatoes + sour cream, lettuce

Snack: Berry smoothie, a fruit

Tuesday

Breakfast: Barley porridge, a fruit

Lunch: Vegetable steaks and mashed potatoes + gravy, salad with beans

Snack: Apple kissel, a fruit

Wednesday

Breakfast: Rye porridge, a fruit

Lunch: Mince meat soup, tomato pieces

Snack: A sandwich, a fruit

Thursday

Breakfast: Wheat porridge, a fruit

Lunch: Macaroni casserole, salad with cottage cheese

Snack: Yoghurt and muesli, a fruit

Friday

Breakfast: Oatmeal, a fruit

Lunch: Rice and mango chicken sauce, boiled beetroot

Snack: Pizza, a fruit

