

WEEK 3

Monday

Breakfast: 4-grain porridge, a fruit

Lunch: Salmon and potato casserole, lettuce

Snack: Fruit quark, a fruit

Tuesday

Breakfast: Barley porridge, a fruit

Lunch: Spinach pancakes + lingonberry jam, salad with cottage cheese

Snack: Rosehip kissel, a fruit

Wednesday

Breakfast: Rye porridge, a fruit

Lunch: Peasoup, cucumber sticks

Snack: Pasties, a fruit

Thursday

Breakfast: Wheat porridge, a fruit

Lunch: Mince meat and pasta casserole, carrot sticks

Snack: Omelette, a fruit

Friday

Breakfast: Oatmeal, a fruit

Lunch: Rice and curry-chicken sauce, lettuce

Snack: Cheese pasties, a fruit

