



WEEK 4

Monday

Breakfast: 4-grain porridge, a fruit

Lunch: Fish steaks and mashed potatoes + sour cream, tomato-cucumber-bellpepper

Snack: Whipped porridge, a fruit

Tuesday

Breakfast: Barley porridge, a fruit

Lunch: Warm vegetables, carrot sticks + peas

Snack: Raspberry kissel, a fruit

Wednesday

Breakfast: Rye porridge, a fruit

Lunch: Fish soup, cucumber

Snack: Graham pasties, a fruit

Thursday

Breakfast: Wheat porridge, a fruit

Lunch: Pasta and mince meat sauce, lettuce

Snack: Chocolate pudding, a fruit

Friday

Breakfast: Oatmeal, a fruit

Lunch: Couscous and turkey sauce, salad with cottage cheese

Snack: Berry pie, a fruit