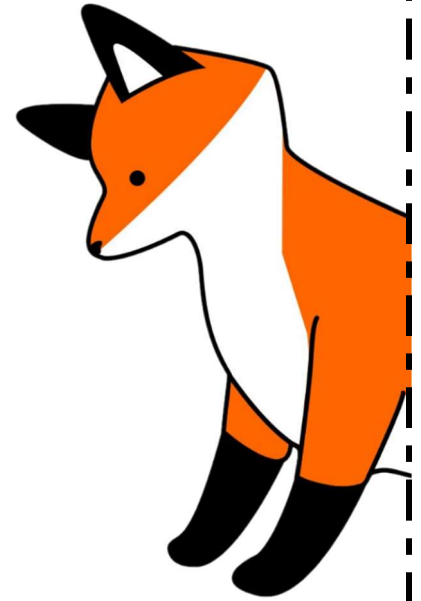


WEEK 5



Monday

Breakfast: 4-grain porridge, a fruit

Lunch: Creamy salmon pasta, lettuce

Snack: Fruit smoothie, a fruit

Tuesday

Breakfast: Barley porridge, a fruit

Lunch: Chicken meatballs and mashed potatoes, pea-corn-bellpepper

Snack: Fruit kissel, a fruit

Wednesday

Breakfast: Rye porridge, a fruit

Lunch: Vegetable soup, bellpepper sticks

Snack: A croissant, a fruit

Thursday

Breakfast: Wheat porridge, a fruit

Lunch: Oven potatoes and Karelian hot pot, salad with cottage cheese

Snack: Berry yoghurt, a fruit

Friday

Breakfast: Oatmeal, a fruit

Lunch: Chicken risotto, tomato-cucumber-bellpepper

Snack: Sausage rolls, a fruit