

WEEK 6

Monday

Breakfast: 4-grain porridge, a fruit

Lunch: Fish balls and mashed potatoes + gravy, lettuce

Snack: Vegetable sticks and dip

Tuesday

Breakfast: Barley porridge, a fruit

Lunch: Rice and chicken vegetable sauce, lettuce

Snack: Blueberry kissel, a fruit

Wednesday

Breakfast: Rye porridge, a fruit

Lunch: Hot dog soup, tomato pieces

Snack: Flat bread, a fruit

Thursday

Breakfast: Wheat porridge, a fruit

Lunch: Lasagna, salad with cottage cheese

Snack: Yoghurt and peach mash

Friday

Breakfast: Oatmeal, a fruit

Lunch: Bubble and squeak, carrot and cabbage

Snack: Pancakes and jam, a fruit

