

WEEK 7

Monday

Breakfast: 4-grain porridge, a fruit

Lunch: Baked fish and boiled potatoes + sour cream, lettuce

Snack: Sandwich, a fruit

Tuesday

Breakfast: Barley porridge, a fruit

Lunch: Pasta and sailor's sauce, lettuce

Snack: Orange kissel, a fruit

Wednesday

Breakfast: Rye porridge, a fruit

Lunch: Chicken soup, cucumber sticks

Snack: Self made bread, a fruit

Thursday

Breakfast: Wheat porridge, a fruit

Lunch: Meatballs and mashed potatoes, lettuce

Snack: Quark and berries

Friday

Breakfast: Oatmeal, a fruit

Lunch: Couscous and orange chicken sauce, salad with cottage cheese

Snack: Apple oat pie and vanilla sauce

