

**BREAKFAST****LUNCH****SNACK****Monday****Oatmeal****Pasta casserole,  
Grated vegetable salad****Strawberry kissel****Tuesday****Semolina porridge****Salmon & potato  
casserole,  
Grated vegetable salad****Smoothie****Wednesday****Harvesting porridge****Pea soup,  
Cucumber****Oven pancake****Thursday****4 grain porridge****Chicken meatballs,  
Curry-coconut sauce,  
Mashed potatoes,  
Grated vegetable salad****Fruit quark****Friday****Rice porridge****Tofu risotto,  
Marinated bean salad****Apple crumble**