

**BREAKFAST****LUNCH****SNACK****Monday****Rye porridge****Chicken risotto,  
Tomato****Vispipuuro  
(Whipped porridge)****Tuesday****Helmipuuro  
(Pearl porridge)****Spinach soup,  
Fresh veggies****Karelian pasty,  
Cocoa****Wednesday****Barley porridge****Fish fingers,  
Mashed potatoes,  
Dill sauce,  
Grated vegetable salad****Blueberry quark****Thursday****Oatmeal****Carrot & pulled oats  
macaroni casserole****Sandwiches****Friday****Yogurt****Meatloaf,  
Boiled potatoes,  
Brown sauce,  
Cucumber****Orange kissel**