



Monday

BREAKFAST

Barley porridge

LUNCH

**Ham and potato
casserole,
Grated vegetable salad**

SNACK

Apple-pear kissel

Tuesday

4 grain porridge

**Chicken sauce,
Rice,
Grated vegetable salad**

Sandwiches

Wednesday

**Helmipuuro
(Pearl porridge)**

**Baked fish,
Mashed potatoes,
Beetroot-apple salad**

Strawberry quark

Thursday

Oatmeal

**Veggie balls,
Mashed potatoes,
Bean mix**

Pasties

Friday

Rye porridge

**Chicken-coconut soup,
Fresh veggies**

Berry/fruit kissel