

BREAKFAST**LUNCH****SNACK****Monday****Cereal/muesli****Chicken pasta,
Grated vegetable salad****Oatmeal biscuits,
Fruit****Tuesday****4 grain porridge****Fish soup,
Fresh veggies****Mini pizzas****Wednesday****Oatmeal****Veggie sauce,
Pasta,
Grated vegetable salad****Berry pie****Thursday****Rye porridge****Fish steaks,
Mashed potatoes,
Warm vegetables****Currant quark****Friday****Barley porridge****Meat sauce,
Boiled potatoes,
Green salad****Fruit smoothie**