

**3.**

**BREAKFAST**

**LUNCH**

**SNACK**

**Monday**

**Porridge**

**Chicken and potato  
casserole,  
Cucumber,  
Tomato**

**Kissel**

**Tuesday**

**Cereal**

**Salmon pasta,  
Peas**

**Yogurt**

**Wednesday**

**Porridge**

**Minced meat soup,  
Carrot**

**Sausage rolls**

**Thursday**

**Porridge**

**Spinach pancakes  
Mashed potatoes,  
Grated vegetable salad**

**Quark**

**Friday**

**Porridge**

**Sausage sauce,  
Boiled potatoes,  
Coleslaw**

**Kissel**

