

BASIC DIET

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK	Homemade muesli with cranberries, honey and milk	Sanwiches with cheese, tuna paste and vegetables	Rye bread + butter + homemade pumpkin jam + cottage cheese with honey and almonds	Porridge with apples and honey	Rye bread + egg paste + cheese with cottage chives
MORNING SNACK	Fruit	Fruit	Fruit	Fruit	Fruit
LUNCH	Vegetable crème soup with croutons	Chicken soup with noodles	Cucumber soup with rice	Tomato soup	Borscht with potatoes and cream
	Turkey stew + rice + red cabbage	Vegetable cutlets + mashes potatoes + coleslaw	Pork roast + dumplings + carrot and raisins salad	Homemade pizza with tomato sauce, mozzarella and vegetables	fish cutlets, potatoes, sauerkraut salad
AFTERNOON SNACK	Sanwiches with cheese, ham and vegetables	yoghurt + fruit mousse	Vegetables, chickpeas, yoghurt sauce	Sanwiches with cheese, ham and vegetables	Homemade chocolate cake

VEGETARIAN DIET

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK	Homemade muesli with cranberries, honey and milk	Sanwiches with cheese, vegetable paste and vegetables	Rye bread + butter + homemade pumpkin jam + cottage cheese with honey and almonds	Porridge with apples and honey	Rye bread + egg paste + cheese with cottage chives
MORNING SNACK	Fruit	Fruit	Fruit	Fruit	Fruit
LUNCH	Vegetable crème soup with croutons	Vegetable soup with noodles	Cucumber soup with rice	Tomato soup	Borscht with potatoes and cream
	Vegetarian stew + rice + red cabbage	Vegetable cutlets + mashes potatoes + coleslaw	Vegetables, chickpeas, yoghurt sauce	Homemade pizza with tomato sauce, mozzarella and vegetables	Tofu cutlets, potatoes, sauerkraut salad
AFTERNOON SNACK	Sanwiches with cheese and vegetables	yoghurt + fruit mousse	Vegetables, chickpeas, yoghurt sauce	Sanwiches with cheese and vegetables	Homemade chocolate cake