



Sample two-week menu

Monday

Breakfast

- 1. Buckwheat porridge with milk*
- 2. Bread and cheese*
- 3. Chamomile tea*

Fruit snack (seasonal fruit: apple, plum, peach, strawberry ...)

Lunch

- 1. Homemade chicken soup with croutons*
- 2. Chicken stew with boiled rice*
- 3. Fresh cucumber salad*
- 4. Bread*
- 5. Homemade lemonade*
- 6. Cookie*

Afternoon snack

- 1. Hot sandwiches*
- 2. Yoghurt*
- 3. Fruit (seasonal fruit: apple, plum, peach, strawberry ...)*



Tuesday

Breakfast

- 1. Rice pudding*
- 2. Bread and butter*
- 3. Tea with lemon*

Fruit snack (seasonal fruit: apple, plum, peach, strawberry ...)

Lunch

- 1. Homemade rassolnik – Pickled-cucumber-and-meat stew*
- 2. Steamed meatballs, boiled potatoes*
- 3. Vitamin salad with cabbage and carrot*
- 4. Bread*
- 5. Seasonal fruit kompot*
- 6. Cookie*

Afternoon snack

- 1. Cheese cake*
- 2. Yoghurt*
- 3. Fruit (seasonal fruit: apple, plum, peach, strawberry...)*



Wednesday

Breakfast

- 1. Boiled egg, boiled corn*
- 2. Bread and butter*
- 3. Fruit tea*

Fruit snack (seasonal fruit: apple, plum, peach, strawberry...)

Lunch

- 1. Homemade vegetable soup*
- 2. Beef goulash with buckwheat porridge*
- 3. Sauerkraut and apple salad*
- 4. Bread*
- 5. Raspberry kissel (fruit dish)*
- 6. Cookie*

Afternoon snack

- 1. Macaroni and cheese*
- 2. Yoghurt, kephir*
- 3. Fruit (seasonal fruit: apple, plum, peach, strawberry...)*



Thursday

Breakfast

- 1. Cornmeal porridge with milk*
- 2. Bread and cheese*
- 3. Rosehip tea*

Fruit snack (seasonal fruit: apple, plum, peach, strawberry...)

Lunch

- 1. Pea potage with croutons*
- 2. Boiled beef tongue, mashed potatoes*
- 3. Fresh vegetables (cucumber, tomato, cabbage)*
- 4. Bread*
- 5. Apple kompot*
- 6. Cookie*

Afternoon snack

- 1. Jam crepes*
- 2. Yoghurt*
- 3. Fruit (seasonal fruit: apple, plum, peach, strawberry...)*



Friday

Breakfast

- 1. Milk farina*
- 2. Bread and butter*
- 3. Black tea with lemon*

Fruit snack (seasonal fruit: apple, plum, peach, strawberry...)

Lunch

- 1. Homemade fish stew*
- 2. Braised fish fillet, boiled macaroni*
- 3. Beetroot-and-garlic salad*
- 4. Bread*
- 5. Cookie*
- 6. Apple kompot*

Afternoon snack

- 1. Apple cake*
- 2. Yoghurt*
- 3. Fruit (seasonal fruit: apple, plum, peach, strawberry...)*



Monday

Brekfast

- 1. Cornmeal porridge with milk*
- 2. Bread with cheese*
- 3. Chamomile tea*

Fruit snack (seasonal fruit: apple, plum, peach, strawberry...)

Lunch

- 1. Homemade clear chicken soup with chunks of bread*
- 2. Chicken in a cream-based sauce, boiled rice*
- 3. Cabbage-and-carrot vitamin salad*
- 4. Bread*
- 5. Homemade lemonade*
- 6. Cookie*

Afternoon snack

- 1. Mini croissants*
- 2. Yoghurt*
- 3. Fruit (seasonal fruit: apple, plum, peach, strawberry...)*



Tuesday

Breakfast

- 1. Wheat-based porridge with milk*
- 2. Bread and butter*
- 3. Hibiscus tea with lemon*

Fruit snack (seasonal fruit: apple, plum, peach, strawberry...)

Lunch

- 1. Cream rassolnik (pickled-cucumber stew)*
- 2. Beef meatballs in a tomato sauce, buckwheat porridge*
- 3. Fresh vegetables (cucumber, tomato, cabbage)*
- 4. Bread*
- 5. Apricot kompot*
- 6. Cookie*

Afternoon snack

- 1. Fried dough balls (ušticipci) with cheese*
- 2. Yoghurt*
- 3. Fruit (seasonal fruit: apple, plum, peach, strawberry...)*



Wednesday

Breakfast

- 1. Boiled egg, boiled corn*
- 2. Bread and butter*
- 3. Black tea with lemon*

Fruit snack (seasonal fruit: apple, plum, peach, strawberry...)

Lunch

- 1. Soup with rolled oats*
- 2. Stewed beef with green peas*
- 3. Fresh vegetables (cucumber, tomato, cabbage)*
- 4. Bread*
- 5. Apple kissel*
- 6. Cookie*

Afternoon snack

- 1. Macaroni and cheese*
- 2. Yoghurt*
- 3. Fruit (seasonal fruit: apple, plum, peach, strawberry...)*



Thursday

Breakfast

- 1. Milk farina*
- 2. Bread with jam*
- 3. Rosehip tea*

Fruit snack (seasonal fruit: apple, plum, peach, strawberry...)

Lunch

- 1. Thick cauliflower soup with croutons*
- 2. Steamed turkey cutlets, boiled macaroni*
- 3. Fresh cabbage, cucumber, and pepper salad*
- 4. Bread*
- 5. Raspberry kompot*
- 6. Cookie*

Afternoon snack

- 1. Fried dough balls (uštupci) with jam*
- 2. Yoghurt*
- 3. Fruit snack (seasonal fruit: apple, plum, peach, strawberry...)*



Friday

Breakfast

- 1. Oatmeal porridge with milk*
- 2. Bread and butter*
- 3. Black tea with lemon*

Fruit snack (seasonal fruit: apple, plum, peach, strawberry...)

Lunch

- 1. Green pea soup*
- 2. Steamed fish dumplings, mashed potatoes*
- 3. Baby beetroot and cucumber salad*
- 4. Bread*
- 5. Cookie*
- 6. Apple kompot*

Afternoon snack

- 1. Sour-cherry cake*
- 2. Yoghurt*
- 3. Fruit (seasonal fruit: apple, plum, peach, strawberry...)*