

# Menu for children aged 2–6

## Monday, 07.09.2026

**Breakfast:** semolina porridge with milk, stewed pears with cinnamon

**Morning snack:** sweet and savoury vegetable platter

**Lunch:** baked chicken thigh, bulgur with vegetables, tomato salad

**Afternoon snack:** fresh red pepper, wholegrain crackers

## Tuesday, 08.09.2026

**Breakfast:** rye bread roll, homemade vegetable spread, sliced cucumber, herbal tea

**Morning snack:** sweet and savoury vegetable platter

**Lunch:** veal strips in gravy, buckwheat dumplings, stewed young cabbage

**Afternoon snack:** oat cookies\*, thick plain yogurt

## Wednesday, 09.09.2026

**Breakfast:** wholemeal bread, avocado with mild cheese\*, sliced tomatoes, rosehip tea

**Morning snack:** sweet and savoury vegetable platter

**Lunch:** baked chicken thigh, mashed potatoes, cucumber in sauce, lemonade without added sugar

**Afternoon snack:** grapes, corn crispbreads

## Thursday, 10.09.2026

**Breakfast:** barley bread, homemade chicken pâté, cucumber, elderflower tea

**Morning snack:** sweet and savoury vegetable platter

**Lunch:** creamy cauliflower soup, fish steak with vegetables, mixed salad

**Afternoon snack:** banana, Greek yogurt, chia seeds

## Friday, 11.09.2026

**Breakfast:** buckwheat porridge with milk, date spread

**Morning snack:** sweet and savoury vegetable platter

**Lunch:** thick vegetable minestrone with white beans, homemade sponge cake with plums

**Afternoon snack:** poppy seed roll, butter, grated apple