

GLUTEN-FREE MENU FOR SEPTEMBER

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1						Chicken meatball with gluten-free noodles soup 1. Buckwheat flour pancakes 2. Homemade berry sauce Sour Cream
2	Beetroot soup with white beans 1. Turkey skewers 2. Gluten-Free Noodles Fresh vegetable salads	Fresh vegetable soup 1. Pork goulash 2. Potato and carrot mash Fresh vegetables	Red lentil soup 1. Buckwheat flour crepes with ham and cheese + butter and sour cream sauce 2. Fresh vegetables	Green bean and tomato soup 1. Gluten-free beef and pork lasagna 2. Fresh vegetables	Cabbage soup 1. Chicken pilaf 2. Fresh pickled cucumbers	
3	Beetroot soup 1. Cottage cheese pudding gluten-free 2. Homemade berry sauce Sour cream	Tuscan bean soup 1. Beef stew 2. Potato mash Fresh cucumber and red radish salad	Vegetable broth with green peas and rice 1. Gluten-free turkey cannelloni 2. Fresh vegetables	Tomato and rice soup 1. Chicken stew 2. Rice Fresh vegetables	Creamy pumpkin soup 1. Gluten-free chicken nuggets 2. Basmati rice Beetroot salad with green peas	
4	Split pea soup 1. Chicken curry 2. Basmati rice Fresh vegetables	Minestrone soup with gluten-free noodles 1. Gluten-free beef meatballs with zucchini in cream sauce 2. Potato and pumpkin mash Beet salad with spinach and greens dressing	Fresh vegetable soup 1. Gluten-free homemade fish nuggets + cream sauce 2. Rice Carrot and white radish salad	White bean soup 1. Gluten-free Spaghetti with turkey "Bolognese" 2. Fresh vegetables	Chicken meatball with gluten-free noodles soup 1. Buckwheat flour pancakes 2. Homemade berry sauce	
5	Beetroot soup with sauerkraut 1. Chicken thighs with carrots and cheese 2. Rice Fresh vegetable salads	Fresh vegetable soup 1. Buckwheat flour crepes with ham and cheese + butter and sour cream sauce 2. Fresh vegetables	Red lentil soup 1. Gluten-free Samogitian pancakes with pork + butter and sour cream sauce 2. Carrot salad	Green bean and tomato soup 1. Cod steak + cream sauce 2. Rice Broccoli salad with caramelized beets	Cabbage soup 1. Chicken thighs 2. Basmati rice Steamed vegetables	
6	Beetroot soup 1. Gluten-free cottage cheese pudding 2. Homemade berry sauce Sour cream					