

## VEGETARIAN MENU "A" FOR MIDDLE & HIGH SCHOOL

Days	Morning snack			Lunch		Afternoon snack	
	Snack	Fruits		Soup	Main course	Vegetables	Snack
Monday	Vegetable wraps	Apple	Vegetable soup	Roasted vegetables with bulghur	Carrot, pepper, cucumbers, cherry tomatoes	Vanilla cake	Banana
Tuesday	Sandwich with cheese and vegetables	Banana	Vegetable soup with stelline	Vegetarian plov	Cucumbers, cherry tomatoes, carrots, pepper	Syrniki	Pear
Wednesday	Vegetable wraps	Mandarins	Lentil cream soup	Tofu with roasted vegetables	Beetroots, carrots, cucumbers, cherry tomatoes	Layered pastry with spinach and cheese	Apple
Thursday	Hard boiled eggs with cheese	Pear	Vegetable soup with chickpea	Vegetarian cutlets with roasted vegetables	Cherry tomatoes, corns, pepper, cucumbers	Pizza	Banana
Friday	Steinbrau sausage with vegetables	Banana	Borsh	Pasta with vegetables	Cucumbers, cherry tomatoes, carrots, beetroots	Banana cake	Mandarins

## VEGETARIAN MENU "B" FOR MIDDLE & HIGH SCHOOL

Days	Morning snack			Lunch		Afternoon snack	
	Snack	Fruits		Soup	Main course	Vegetables	Snack
Monday	Vegetable wraps	Apple	Vegetable soup with spinach	Spaghetti with tomato sauce	Carrot, pepper, cucumbers, cherry tomatoes	Pizza	Banana
Tuesday	Sandwich with cheese and vegetables	Banana	Vegetable soup with vermicelli	Roasted vegetables with eggs	Cucumbers, cherry tomatoes, carrots, pepper	Oatmeal cookies	Pear
Wednesday	Vegetable wraps	Mandarins	Ragout	Sushi (Optional vegetarian cutlets)	Beetroots, carrots, cucumbers, cherry tomatoes	Curd pie	Apple
Thursday	Syrniki	Pear	Vegetable soup	Vegetarian samsy	Cherry tomatoes, corns, pepper, cucumbers	Potatoe patties	Banana
Friday	Steinbrau sausage with vegetables	Banana	Cheese soup	Tofu with roasted vegetables (optional rice)	Cucumbers, cherry tomatoes, carrots, beetroots	Donuts	Mandarins