



MENU "A"

We also offer as side options to complement the main meal:

1. Rice
2. Buckwheat
3. Bulgur
4. Pasta
5. Bread
6. Water is provided together with all snacks and lunches.

MONDAY

Morning Snack

1. Chicken sandwich
2. Fruit
3. Yoghurt/Tea with milk

Lunch

1. Chicken bouillon with vegetables
2. Lasagna
3. Fresh/Fermented vegetables
4. Compote

Afternoon snack

1. Pancakes with cottage cheese
2. Fruit
3. Compote/Tea with milk

TUESDAY

Morning Snack

1. Chicken wrap
2. Fruit
3. Cocoa

Lunch

1. Beef bouillon with vegetables
2. Plov
3. Greek salad/Fermented vegetables
4. Iced tea

Afternoon snack

1. Crusty tomato cheese chicken bread(pizza)
2. Fruit
3. Iced tea/Cocoa

WEDNESDAY

Morning snack

1. Syrniki with jam/sour cream
2. Fruit
3. Yoghurt/Tea with lemon

Lunch

1. Pelmeni soup
2. Chicken strips + rice/mashed potatoes
3. Greek/Fermented vegetables
4. Compote

Afternoon snack

1. Baked potato bun
2. Fruit
3. Compote/Tea with lemon

THURSDAY

Morning snack

1. Cheesy sandwich, boiled eggs, vegetable platter
2. Fruit
3. Cocoa

Lunch

1. Soup with homemade noodles
2. Meat pie
3. Greek salad/Fermented vegetables
4. Iced tea

Afternoon snack

1. Cottage cheesecake
2. Fruit
3. Iced tea/Cocoa

FRIDAY

Morning snack

1. Beef sausage rolls
2. Fruit
3. Yoghurt/Tea with milk

Lunch

1. Cheese soup
2. Chicken curry + Basmati rice
3. Fresh/Fermented vegetables
4. Compote

Afternoon snack

1. Cherry pie
2. Fruit
3. Compote/Tea with milk



MENU "B"

We also offer as side options to complement the main meal:

1. Rice
2. Buckwheat
3. Bulgur
4. Pasta
5. Bread
6. Water is provided with all snacks and lunches.

MONDAY

Morning Snack

1. Cottage cheese waffles
2. Fruit
3. Yoghurt / Tea with milk

Lunch

1. Chicken bouillon with vegetables
2. Macaroni po-flotski
3. Greek salad/Fermented vegetables
4. Compote

Afternoon snack

1. Charlotte with fruits
2. Fruit
3. Compote /Tea with milk

TUESDAY

Morning Snack

1. Chicken wrap
2. Fruit
3. Cocoa

Lunch

1. Beef Bullion with vegetables
2. Chicken teriyaki + rice
3. Fresh/Fermented vegetables
4. Iced tea

Afternoon snack

1. Sochinskii with cottage cheese
2. Fruit
3. Iced tea/Cocoa

WEDNESDAY

Morning snack

1. Samsy with chicken
2. Fruit
3. Yoghurt/Tea with lemon

Lunch

1. Meatball soup
2. Fish fillet on veggie bed + mashed potatoes
3. Greek salad/Fermented vegetables
4. Compote

Afternoon snack

1. Bounty cake
2. Fruit
3. Compote/Tea with lemon

THURSDAY

Morning snack

1. Borsoki, vegetable platter
2. Fruit
3. Cocoa

Lunch

1. Ragout
2. Sushi
3. Fresh/Fermented vegetables
4. Iced tea

Afternoon snack

1. Curd cheesecake
2. Fruit
3. Iced tea /Cocoa

FRIDAY

Morning snack

1. Beef sausage rolls
2. Fruit
3. Yoghurt/ Tea with milk

Lunch

1. Lentil cream soup
2. Soba noodle with beef
3. Greek salad/Fermented vegetables
4. Compote

Afternoon snack

1. Banana cake with pumpkin & sunflower seeds
2. Fruit
3. Compote /Tea with milk



MENU "C"

We also offer as side options to complement the main meal:

1. Rice
2. Buckwheat
3. Pasta
4. Bulgur
5. Bread daily
6. Water is provided with all snacks and lunches.

MONDAY

Morning Snack

1. Khachapuri
2. Fruit
3. Yoghurt/ Tea with milk

Lunch

1. Rassolnik
2. Lasagna
3. Salad with beans/Fermented vegetables
4. Compote

Afternoon snack

1. Pancakes with/without cottage cheese
2. Fruit
3. Compote /Tea with milk

TUESDAY

Morning Snack

1. Chicken wrap
2. Fruit
3. Cocoa

Lunch

1. Beef Bouillon with vegetables
2. Plov
3. Greek salad/Fermented vegetables
4. Iced tea

Afternoon snack

1. Crusty tomato cheese chicken bread(pizza)
2. Fruit
3. Iced tea/Cocoa

WEDNESDAY

Morning snack

1. Chicken sandwich
2. Fruit
3. Yoghurt/ Tea with lemon

Lunch

1. Pelmeni soup
2. Beef stroganoff + buckwheat
3. Fresh/Fermented vegetables
4. Compote

Afternoon snack

1. Cherry pie
2. Fruit
3. Compote/Tea with lemon

THURSDAY

Morning snack

1. Oatmeal porridge, Vegetable Platter
2. Fruit
3. Cocoa

Lunch

1. Chicken bouillon with beans
2. Beef curry + basmati rice
3. Greek salad/Fermented vegetables
4. Iced tea

Afternoon snack

1. Baked potato bun
2. Fruit
3. Compote
4. Iced tea / Cocoa

FRIDAY

Morning snack

1. Beef sausage rolls
2. Fruit
3. Yoghurt/ Tea with milk

Lunch

1. Borsh
2. Chicken drumstick + rice
3. Fresh/Fermented vegetables
4. Compote

Afternoon snack

1. Apple pie
2. Fruit
3. Compote/ Tea with milk



MENU "D"

We also offer as side options to complement the main meal:

1. Rice
2. Buckwheat
3. Bulgur
4. Bread
5. Pasta
6. Water is provided with all snacks and lunches.

MONDAY

Morning Snack

1. Cheese and veggie sandwich
2. Fruit
3. Yoghurt/Tea with milk

Lunch

1. Chicken bouillon with vegetables
2. Spaghetti Bolognese
3. Greek salad/Fermented vegetables
4. Compote

Afternoon snack

1. Cake with dried fruits
2. Fruit
3. Compote/ Tea with milk

TUESDAY

Morning Snack

1. Chicken wrap
2. Fruit
3. Cocoa

Lunch

1. Beef Bullion with vegetables
2. Chicken teriyaki + rice
3. Fresh/Fermented vegetables
4. Iced tea

Afternoon snack

1. Raspberry pie
2. Fruit
3. Iced tea/ Cocoa

WEDNESDAY

Morning snack

1. Samsy with chicken
2. Fruit
3. Yoghurt/Tea with lemon

Lunch

1. Meatball soup
2. Chili Con Carne + rice
3. Greek salad/Fermented vegetables
4. Compote

Afternoon snack

1. Black current curd cake
2. Fruit
3. Compote/Tea with lemon

THURSDAY

Morning snack

1. Cheesy sandwich, boiled eggs, vegetable platter
2. Fruit
3. Cocoa

Lunch

1. Ragout
2. Sushi
3. Fresh/Fermented vegetables
4. Iced tea

Afternoon snack

1. Peach and Apricot pie
2. Fruit
3. Iced tea
4. Iced tea/Cocoa

FRIDAY

Morning snack

1. Beef sausage rolls
2. Fruit
3. Yoghurt/ Tea with milk

Lunch

1. Pelmeni soup
2. Meatballs with mashed potatoes
3. Greek salad/Fermented vegetables
4. Compote

Afternoon snack

1. Banana cake with pumpkin & sunflower seeds
2. Fruit
3. Compote/Tea with milk