



**MENU "A"
Vegetarian**

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

1. Rice
2. Buckwheat
3. Bulgur
4. Pasta
5. Bread daily
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. Soup 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. Vegetable wrap
2. Fruit
3. Cocoa

Lunch

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

Afternoon snack

1. Crusty tomato cheese 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. Vegetable soup
2. Vegetables in batter + rice
3. Greek salad/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. Yoghurt
3. Cocoa

Lunch

1. Soup with homemade noodles
2. Pizza with vegetables and olives
3. Greek salad/Fermented vegetables
4. Iced tea

Afternoon snack

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

FRIDAY

Morning snack

1. Vegetable roll
2. Fruit
3. Yoghurt/Tea with milk

Lunch

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

Afternoon snack

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



MENU "B" Vegetarian

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. Soup with vegetables
2. Macaroni po-flotski with beans
3. Greek salad/Fermented vegetables
4. Compote

Afternoon snack

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

TUESDAY

Morning Snack

1. Vegetable wrap
2. Fruit
3. Cocoa

Lunch

1. Soup with vegetables
2. Tofu 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 vegetables
2. Fruit
3. Yoghurt/Tea with lemon

Lunch

1. Soup with vegetables & beans
2. Fried eggs with vegetables + 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 with beans
2. Sushi
3. Fresh/Fermented vegetables
4. Iced tea

Afternoon snack

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

FRIDAY

Morning snack

1. Vegetable rolls
2. Fruit
3. Yoghurt/ Tea with milk

Lunch

1. Lentil cream soup
2. Soba noodle with beans
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"
Vegetarian**

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. Vegetable wrap
2. Fruit
3. Lemonade
4. Cocoa

Lunch

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

Afternoon snack

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

WEDNESDAY

Morning snack

1. Cheesy-vegetable sandwich
2. Fruit
3. Yoghurt/Tea with lemon

Lunch

1. Bean soup
2. Fried eggs + buckwheat
3. Fresh/Fermented vegetables
4. Compote
- 5.

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. Soup with beans
2. Tofu curry + basmati rice
3. Greek salad/Fermented vegetables
4. Iced tea

Afternoon snack

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

FRIDAY

Morning snack

1. Vegetable rolls
2. Fruit
3. Yoghurt/ Tea with milk

Lunch

1. Borsh
2. Veggie - bean patties + rice
3. Fresh/Fermented vegetables
4. Compote

Afternoon snack

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



**MENU "D"
Vegetarian**

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. Soup 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. Vegetable wrap
2. Fruit
3. Cocoa

Lunch

1. Soup with vegetables
2. Tofu 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 vegetables
2. Fruit
3. Yoghurt/Tea with lemon

Lunch

1. Soup with chickpeas
2. Chili Con Beans + 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/Cocoa

FRIDAY

Morning snack

1. Vegetable rolls
2. Fruit
3. Yoghurt/ Tea with milk

Lunch

1. Soup with eggs
2. Falafel 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