



## 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

### Lunch

1. Chicken bouillon with vegetables
2. Lasagna
3. Vegetable platter/ Radish salad
4. Compote

### Afternoon snack

1. Pancakes with cottage cheese
2. Fruit
3. Compote

## TUESDAY

### Morning Snack

1. Chicken wrap
2. Fruit
3. Iced tea

### Lunch

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

### Afternoon snack

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

## WEDNESDAY

### Morning snack

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

### Lunch

1. Pelmeni soup
2. Chicken strips + rice/mashed potatoes
3. Vegetable platter/ Radish salad
4. Compote

### Afternoon snack

1. Baked potato bun
2. Fruit
3. Compote

## THURSDAY

### Morning snack

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

### 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

## FRIDAY

### Morning snack

1. Beef sausage rolls
2. Fruit
3. Yoghurt

### Lunch

1. Cheese soup
2. Chicken curry + Basmati rice
3. Greek salad/ Vegetable platter
4. Lemonade

### Afternoon snack

1. Cherry pie
2. Fruit
3. Lemonade



## 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

### Lunch

1. Chicken bouillon with vegetables
2. Macaroni po-flotski
3. Vegetable platter/ Radish salad
4. Compote

### Afternoon snack

1. Charlotte with fruits
2. Fruit
3. Compote

## TUESDAY

### Morning Snack

1. Chicken wrap
2. Fruit
3. Iced tea

### Lunch

1. Beef Bullion with vegetables
2. Chicken teriyaki + rice
3. Greek salad/ Vegetable platter
4. Iced tea

### Afternoon snack

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

## WEDNESDAY

### Morning snack

1. Samsy with chicken
2. Fruit
3. Compote

### Lunch

1. Meatball soup
2. Fish fillet on veggie bed + mashed potatoes
3. Vegetable platter/ Radish salad
4. Compote

### Afternoon snack

1. Bounty cake
2. Fruit
3. Compote

## THURSDAY

### Morning snack

1. Borsoki, vegetable platter
2. Fruit
3. Iced tea

### Lunch

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

### Afternoon snack

1. Curd cheesecake
2. Fruit
3. Iced tea

## FRIDAY

### Morning snack

1. Beef sausage rolls
2. Fruit
3. Yoghurt

### Lunch

1. Lentil cream soup
2. Soba noodle with beef
3. Greek salad/ Vegetable platter
4. Lemonade

### Afternoon snack

1. Banana cake with pumpkin & sunflower seeds
2. Fruit
3. Lemonade



## 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

### Lunch

1. Rassolnik
2. Lasagna
3. Vegetable platter/ Radish salad
4. Compote

### Afternoon snack

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

## TUESDAY

### Morning Snack

1. Chicken wrap
2. Fruit
3. Iced tea

### Lunch

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

### Afternoon snack

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

## WEDNESDAY

### Morning snack

1. Chicken sandwich
2. Fruit
3. Yoghurt

### Lunch

1. Pelmeni soup
2. Beef stroganoff + buckwheat
3. Vegetable platter/ Radish salad
4. Compote

### Afternoon snack

1. Cherry pie
2. Fruit
3. Compote

## THURSDAY

### Morning snack

1. Oatmeal porridge, Vegetable Platter
2. Fruit
3. Iced tea

### Lunch

1. Vegetable cream soup
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

## FRIDAY

### Morning snack

1. Beef sausage rolls
2. Fruit
3. Yoghurt

### Lunch

1. Borsh
2. Chicken drumstick + rice
3. Greek salad/ Vegetable platter
4. Lemonade

### Afternoon snack

1. Apple pie
2. Fruit
3. Lemonade



## 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

### Lunch

1. Chicken bouillon with vegetables
2. Spaghetti Bolognese
3. Vegetable platter/ Radish salad
4. Compote

### Afternoon snack

1. Bounty cake
2. Fruit
3. Compote

## TUESDAY

### Morning Snack

1. Chicken wrap
2. Fruit
3. Iced tea

### Lunch

1. Beef Bullion with vegetables
2. Chicken teriyaki + rice
3. Greek salad/ Vegetable platter
4. Iced tea

### Afternoon snack

1. Raspberry pie
2. Fruit
3. Iced tea

## WEDNESDAY

### Morning snack

1. Samsy with chicken
2. Fruit
3. Yoghurt

### Lunch

1. Meatball soup
2. Chili Con Carne + rice
3. Vegetable platter/ Radish salad
4. Compote

### Afternoon snack

1. Black current curd cake
2. Fruit
3. Compote

## THURSDAY

### Morning snack

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

### Lunch

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

### Afternoon snack

1. Peach and Apricot pie
2. Fruit
3. Iced tea

## FDIDAY

### Morning snack

1. Beef sausage rolls
2. Fruit
3. Yoghurt

### Lunch

1. Pelmeni soup
2. Meatballs with mashed potatoes
3. Greek salad/ Vegetable platter
4. Lemonade

### Afternoon snack

1. Banana cake with pumpkin & sunflower seeds
2. Fruit
3. Lemonade