



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

Lunch

1. Soup 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. Vegetable wrap
2. Fruit
3. Iced tea

Lunch

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

Afternoon snack

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

WEDNESDAY

Morning snack

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

Lunch

1. Vegetable soup
2. Vegetables in batter + rice
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. Yoghurt
3. Iced tea

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

FRIDAY

Morning snack

1. Vegetable roll
2. Fruit
3. Yoghurt

Lunch

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

Afternoon snack

1. Cherry pie
2. Fruit
3. Lemonade



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

Lunch

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

Afternoon snack

1. Charlotte with fruits, fruit
2. Fruit
3. Compote

TUESDAY

Morning Snack

1. Vegetable wrap
2. Fruit
3. Iced tea

Lunch

1. Soup with vegetables
2. Tofu 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 vegetables
2. Fruit
3. Yoghurt

Lunch

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

Afternoon snack

1. Curd cheesecake
2. Fruit
3. Iced tea

FRIDAY

Morning snack

1. Vegetable rolls
2. Fruit
3. Yoghurt

Lunch

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

Afternoon snack

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



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

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. Vegetable wrap
2. Fruit
3. Iced tea

Lunch

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

Afternoon snack

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

WEDNESDAY

Morning snack

1. Cheesy-vegetable sandwich
2. Fruit
3. Yoghurt

Lunch

1. Bean soup
2. Fried eggs + 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. Tofu curry + basmati rice
3. Greek salad/Fermented vegetables
4. Iced tea

Afternoon snack

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

FRIDAY

Morning snack

1. Vegetable rolls
2. Fruit
3. Yoghurt

Lunch

1. Borsh
2. Veggie - bean patties + rice
3. Greek salad/ Vegetable platter
4. Lemonade

Afternoon snack

1. Apple pie
2. Fruit
3. Lemonade



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

Lunch

1. Soup 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. Vegetable wrap
2. Fruit
3. Iced tea

Lunch

1. Soup with vegetables
2. Tofu 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 vegetables
2. Fruit
3. Yoghurt

Lunch

1. Soup with chickpeas
2. Chili Con Beans + 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

FRIDAY

Morning snack

1. Vegetable rolls
2. Fruit
3. Yoghurt

Lunch

1. Soup with eggs
2. Falafel with mashed potatoes
3. Greek salad/ Vegetable platter
4. Lemonade

Afternoon snack

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