

# LUNCH MENU

## August and September 2021

	Friday 27	Monday 30	Wednesday 1	Thursday 2	Friday 3
Snack	Cereal and milk	Kasha, bananas, jelly drink (kisel)	Chocolate muffins with milk	Yogurt, pretzels, compote	Sweet rolls, compote
Salad	Fresh salad	Red beet salad	Cabbage with corn salad	Vitaminka salad	Sliced vegetables
Soup	Noodles soup	Svekolnik	Buckwheat soup	Green borsch	Mastava soup
Hot dish	Spaghetti with meat sauce	1. Baked chicken with rice 2. Stuffed pepper	1. Pelmeni 2. Fettuccine with meat	1. Chicken nuggets with fries 2. Buckwheat with hard boiled quail eggs	1. Hamburgers 2. Chicken with vegetables and rice
Sweet	Seasonal fruit and compote, bread	Seasonal fruit and compote, bread	Seasonal fruit and compote, bread	Seasonal fruit and compote, bread	Seasonal fruit and compote, bread
	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Snack	Cookies, jelly drink (kisel)	Homemade doughnuts, compote	Russian crepes, compote	Cheese and crackers, compote	Chocolate cookies, compote
Salad	Fresh salad	Korean beet salad	Spinach salad	Chinese salad	Sliced vegetables
Soup	Rice soup	Lentils cream soup	Mushroom soup	ABC soup	Borsch
Hot dish	1. Sausages with mashed potatoes 2. Zucchini cutlets with sour cream sauce and bulgur	1. Chicken wings with rice 2. Baked potatoes bars	1. Hot dog 2. Pita bread with filling and risotto	1. Spaghetti carbonara 2. Meatballs with sauce and barley	1. Pizza 2. Chicken and buckwheat pilaf
Sweet	Seasonal fruit and compote, bread	Seasonal fruit and compote, bread	Seasonal fruit and compote, bread	Seasonal fruit and compote, bread	Seasonal fruit and compote, bread
	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Snack	Cereal and milk compote	Banana muffins and milk	French toast and compote	Sweet rolls and jelly drink (kisel)	Fruit salad, compote
Salad	Fresh salad	Chinese salad	Vegetable salad	Red beet salad	Sliced vegetables
Soup	Pea soup	Chicken noodle soup	Buckwheat soup	Mash beans soup	Lentils soup
Hot dish	1. Plov with meat 2. Swedish meatballs with white sauce and mashed potatoes	1. Beef meatballs with mashed potatoes 2. Chicken with vegetables/rice	1. Chinese chicken 2. Fried potatoes with tomatoes	1. Chicken burgers 2. Cabbage rolls	1. Chicken strips with fries 2. Chicken cutlets with basmati rice
Sweet	Seasonal fruit and compote, bread	Seasonal fruit and compote, bread	Seasonal fruit and compote, bread	Seasonal fruit and compote, bread	Seasonal fruit and compote, bread
	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Snack	Cheese and crackers, compote	Banana pancakes, compote	Cookies, hot cocoa	Homemade doughnuts, compote	Cereal and milk
Salad	Fresh salad	Spinach salad	Carrot salad	Vegetable salad	Sliced vegetables
Soup	Beans soup	Svekolnik	Green borsch	Noodle soup	Lentils cream soup
Hot dish	1. Pasta with chicken 2. Buckwheat with meat sauce	1. Spaghetti with meat sauce 2. Stuffed pepper	1. Corn dog 2. Chicken fillet with bulgur	1. Boiled beef goulash with rice 2. Fettuccine with meat	Tacos beef/chicken
Sweet	Seasonal fruit and compote, bread	Seasonal fruit and compote, bread	Seasonal fruit and compote, bread	Seasonal fruit and compote, bread	Seasonal fruit and compote, bread

	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday
Snack	Kasha, bananas, compote	Apple pancakes, jelly drink (kisel)	Russian crepes, compote	Yogurt, pretzels, compote	
Salad	Fresh salad	Carrot salad	Vegetables salad	Vitaminka	
Soup	Mushroom soup	Buckwheat soup	Pea soup	Svekolnik	
Hot dish	1. Vareniki with mashed potato 2. Corn dogs	1. Macaroni with meat 2. Chicken fillet with bulgur	1. Chicken stroganoff with rice 2. Zucchini cutlets with sour cream and rice	1. Beef meatballs with mashed potatoes 2. Hot dog	
Sweet	Seasonal fruit and compote, bread	Seasonal fruit and compote, bread	Seasonal fruit and compote, bread	Seasonal fruit and compote, bread	

**Costs:**

Snack – 70 som

Soup and bread – 50 som

Hot dish – 250 som (salad, bread and fruit are included in this cost).