

| | Monday 3 | Tuesday 4 | Wednesday 5 | Thursday 6 | Friday 7 |
|--|---|---|---|---|--|
| Snack, 9:43 am (Choose one), Light black tea or compote | 1.Mannik (baked manna kasha), compote 2. Banana cake, tea | 1. Homemade doughnuts, compote 2. Oatmeal, tea | 1. Chocolate muffins, compote 2. Manna kasha, tea | 1.Boiled eggs, and carrot sticks, compote 2.Rice kasha, tea | 1. Sweet roll, compote 2. 4-grains porridge, tea |
| Salad | Sliced vegetables | Vitaminka salad | Carrot salad | Spinach salad | Sliced vegetables |
| Soup, bread | Soup with macaroni | Rice soup | Mastava soup | ABC soup | Pea soup |
| Hot dish, (choose one), bread and compote | 1.Beef meatballs with mashed potatoes 2.Cabbage rolls | 1. Chicken rissoles with cheese filing and buckwheat 2. Chicken fillet with bulgur, broccoli | 1. Meat beef with macaroni 2. Chicken with vegetables and rice | 1. French potatoes with meat 2. Chicken and buckwheat pilaf | 1. Pizza (Peperoni, Margarita) 2. Omelet with spinach/rice |
| Sweet | Seasonal fruit, compote | Seasonal fruit, compote | Seasonal fruit, compote | Seasonal fruit, compote | Seasonal fruit, compote |
| Afternoon snack, 1:57 pm | Fruit and juice | Wholegrain bread with butter and cheese | Croissant, fruit | Pastry and milk | Samsa with chicken, fruit |
| | Monday 10 | Tuesday 11 | Wednesday 12 | Thursday 13 | Friday 14 |
| Snack, 9:43 am (Choose one), Light black tea or compote | 1.Banana muffins, compote 2.Millet porridge, tea | 1.Russian blini, compote 2. 6-grains porridge, tea | 1. Cottage cheese casserole, compote 2. Oatmeal, tea | 1. Carrot cake, compote 2. Manna kasha, tea | 1. Pastry, compote 2. Rice kasha, tea |
| Salad | Sliced vegetables | Garden salad | Cabbage with carrot salad | Spinach salad | Sliced vegetables |
| Soup, bread | Beans soup | Noodles soup | Green borsh | Buckwheat soup | Soup with macaroni |
| Hot dish, (choose one), bread and compote | 1. Baked chicken with rice, cauliflower 2. Vegetable stew with meat | 1. Lasagna with meat 2. Chicken curry with rice | 1. Pelmeni 2. Pasta with chicken | 1. Hot dog 2. Vareniki with mashed potatoes | 1. Chicken strips with fries 2. Buckwheat with hard boiled quail eggs, broccoli |
| Sweet | Seasonal fruit, compote | Seasonal fruit, compote | Seasonal fruit, compote | Seasonal fruit, compote | Seasonal fruit, compote |
| Afternoon snack, 1:57 pm | Cheese and carrot sticks | Banana and raisins | Pastry and fruit | Fruit and juice | Wholegrain bread with butter and cheese |
| | Monday 17 | Tuesday 18 | Wednesday 19 | Thursday 20 | Friday 21 |
| Snack, 9:43 am (choose one), Light black tea or compote | 1. Banana cake, compote 2. Mannik (baked manna kasha), tea | 1.Homemade doughnuts, compote 2. Oatmeal, tea | 1. Raspberry cake, compote 2. Buckwheat with milk, tea | 1. French toast, compote 2. Manna kasha, tea | 1. Sweet roll, compote 2. Rice kasha, tea |
| Salad | Sliced vegetables | Carrot salad | Vitaminka salad | Chinese salad | Sliced vegetables |
| Soup, bread | Noodles soup | Borsh | Lentils cream soup | Mung beans soup | Rice soup |
| Hot dish, (choose one), bread and compote | 1. Cabbage rolls 2. Macaroni with meat | 1. Plov with meat 2. Panini | 1. Spaghetti with meat sauce 2. Chili con carne/rice | 1. Chicken rissoles with cheese filing and buckwheat 2. Omelet with spinach/rice | 1. Chicken nuggets with fries 2. Chicken and buckwheat pilaf |
| Sweet | Seasonal fruit, compote | Seasonal fruit, compote | Seasonal fruit, compote | Seasonal fruit, compote | Seasonal fruit, compote |
| Afternoon snack, 1:57 pm | Cheese and cucumbers | Croissant, fruit | Bun with dried apricots and fruit | Homemade cake, fruit | Samsa with chicken, fruit |
| | Monday 24 | Tuesday 25 | Wednesday 26 | Thursday 27 | Friday 28 |
| Snack, 9:43 am (choose one), Light black tea or compote | 1. Boiled eggs and carrot sticks, compote 2. 5-grains porridge, tea | 1.Russian blini, compote 2. 4-grains porridge, tea | 1.Banana pancakes, compote 2.Millet porridge, tea | 1. Apple cake, compote 2. Manna kasha, tea | 1.Homemade cookies, compote 2. Oatmeal, tea |
| Salad | Garden salad | Spinach salad | Cabbage with carrot salad | Carrot salad | Sliced vegetables |
| Soup, bread | Soup with macaroni | Buckwheat soup | Mastava soup | ABC soup | Beans soup |
| Hot dish, (choose one), bread and compote | 1. Swedish meatballs in white sauce with mashed potatoes 2. Chicken with vegetables and bulgur | 1. Spaghetti carbonara 2. Buckwheat with hard boiled quail eggs, cauliflower | 1. Chicken wings with rice 2. Beef stroganoff with mashed potatoes | 1. Chicken burgers 2. Chicken curry with rice | 1. Tacos (beef/chicken) 2. Omelet with spinach and buckwheat |
| Sweet | Seasonal fruit, compote | Seasonal fruit, compote | Seasonal fruit, compote | Seasonal fruit, compote | Seasonal fruit, compote |
| Afternoon snack, 1:57 pm | Fruit and juice | Pastry and kefir | Wholegrain bread with butter and cheese | Pastry and kefir | Samsa, fruit |