

		Tuesday 1	Wednesday 2	Thursday 3	Friday 4
Snack, 9:30 am (choose one), Light black tea or compote		1. Lemon muffins, compote 2. Buckwheat with milk, tea	1. Russian pancakes, compote 2. Millet porridge, tea	1. Hot cacao, bread with boiled eggs 2. 4-grains porridge, tea	1. Sweet roll, compote 2. Rice porridge, tea
Salad		Fresh salad	Chinese salad	Vitaminka salad	Sliced vegetables
Soup, bread		Mastava soup	Borsch	Rice Soup	Noodles soup
Hot dish (Choose one), bread or compote		1.Chicken wings with rice 2.Baked pasta	1. Spaghetti carbonara 2. Chicken teriyaki with rice	1. Beef stroganoff with mashed potatoes 2. Chicken fillet with barley and broccoli	1.Chicken strips with fries 2. Cabbage rolls
Fruit, bread compote		Seasonal fruit, compote, bread	Seasonal fruit, compote, bread	Seasonal fruit, compote, bread	Seasonal fruit, compote, bread
Afternoon snack, 2:35 pm		Croissant, fruit	Samsa with chicken, fruit	Apple, pretzels	Boiled eggs, banana
	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Snack, 9:30 am (choose one), Light black tea or compote	1. Mannik (baked manna kasha), compote 2. 7 grains porridge, tea	1. Homemade doughnuts, compote 2. Manna kasha, tea	1. Banana cake, compote 2. Oatmeal, tea	1. Chocolate muffins, compote 2. Wheat porridge, tea	1. French toast, compote 2. Buckwheat with milk, tea
Salad	Fresh salad	Garden salad	Spinach salad	Vegetable salad	Sliced vegetables
Soup, bread	Buckwheat soup	Beans soup	Soup with macaroni	Pea soup	Beet soup
Hot dish (Choose one), bread or compote	1. Macaroni with meat 2. Chicken curry with bulgur	1. Vareniki (dumplings) with mashed potatoes 2. Chicken with vegetables and buckwheat	1. Chicken rissoles with cheese filling and buckwheat 2. Baked potato bar with meat and cheese	1. French potato with meat 2. Chicken and buckwheat pilaf	1. Hamburger 2. Chicken soufflé with pearl barley
Fruit, bread compote	Seasonal fruit, compote, bread	Seasonal fruit, compote, bread	Seasonal fruit, compote, bread	Seasonal fruit, compote, bread	Seasonal fruit, compote, bread
Afternoon snack, 2:35 pm	Cherry bun, fruit	Samsa with beef, fruit	Bun with poppy seeds, fruit	Mini cheesecake, fruit	Cherry bun, fruit
	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Snack, 9:30 am (choose one), Light black tea or compote	1. Banana muffins, compote 2. Manna kasha, tea	1. Russian pancakes, compote 2. Millet porridge, tea	1. Raspberry cake, compote 2. Rice porridge, tea	1. Corn muffins, compote 2. 5 grains porridge, tea	1. Hot cocoa, bread, boiled eggs 2. Wheat porridge, tea
Salad	Fresh salad	Chinese salad	Vitaminka salad	Carrot salad	Sliced vegetables
Soup, bread	Lentil soup	Mastava, soup	Mung beans soup	ABC soup	Green borsch
Hot dish (Choose one), bread or compote	1.Plov with meat 2. Chicken curry with rice	1.Beef meatballs with mashed potatoes 2. Chicken teriyaki with rice	1. Spaghetti with meat sauce 2. Chicken with vegetables with buckwheat	1. Pelmeni (dumplings) with chicken 2. Baked potato bar with meat and cheese	1. Pepperoni/Margarita Pizza 2. Macaroni with meat
Fruit, bread compote	Seasonal fruit, compote, bread	Seasonal fruit, compote, bread	Seasonal fruit, compote, bread	Seasonal fruit, compote, bread	Seasonal fruit, compote, bread
Afternoon snack, 2:35 pm	Apple, pretzels	Croissant, fruit	Boiled eggs, banana	Mini cheesecake, fruit	Bun with banana jam, fruit
	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Snack, 9:30 am (choose one), Light black tea or compote	1. Apple cake, compote 2. Manna kasha, tea	1. Homemade doughnuts, compote 2. Oatmeal, tea, tea	1. Pancakes, compote 2. Rice porridge	1. Carrot cake, compote 2. Buckwheat with milk, tea	1. Sweet roll, compote 2. Millet porridge, tea
Salad	Fresh salad	Spinach salad	Garden salad	Cabbage with corn salad	Sliced vegetables
Soup, bread	Chicken stars soup	Mastava soup	Pea soup	Noodles soup	Potato soup
Hot dish (Choose one), bread or compote	1. Baked chicken with rice 2. Vegetable stew with meat	1. Boiled beef goulash with rice 2. Chicken fillet with barley and broccoli	1. Lasagna with meat 2. Chicken curry with bulgur	1. Swedish meatballs in white sauce with mashed potatoes 2. Chicken teriyaki with rice	1. Make your own tacos (beef/chicken) 2. Chicken with vegetables, buckwheat
Fruit, bread compote	Seasonal fruit, compote, bread	Seasonal fruit, compote, bread	Seasonal fruit, compote, bread	Seasonal fruit, compote, bread	Seasonal fruit, compote, bread
Afternoon snack, 2:35 pm	Croissant, fruit	Strawberry bun, fruit	Boiled eggs, banana	Samsa with chicken, fruit	Bun with cottage cheese (tvorog), fruit
	Monday 28	Tuesday 29	Wednesday 30		
Snack, 9:30 am (choose one), Light black tea or compote	1. Hot cocoa, bread, boiled eggs 2. 4 grains porridge, tea	1. Banana muffins, compote 2. Wheat porridge, tea	1. Russian pancakes, compote 2. Oatmeal, tea	*We use beef and chicken for the second course meals and soups. <i>Please note that snack pastries (sweet rolls, croissants, buns, samsy) are subject to availability from the bakeries on the day.</i> Cost: Morning snack – 80 soms; Soup – 80 soms, bread included; Hot dish (1 choice) – 340 soms, salad, bread and dessert are included; Afternoon snack - 70 soms. Payment by cash to the cooks or electronically. <u>Electronic payments: Optima: 4169 5853 5590 4664 Zhanna R. Elsom (0773504222); O!Деньги/O!Dengi (0773504222) Жанна Реберко</u> For questions please contact: 0773 504222 Janna (also WhatsApp) PLEASE SEND A RECEIPT TO WHATSAPP NUMBER AFTER THE PAYMENT <i>You may sign up online. The link is posted in the weekly newsletter.</i>	
Salad	Cabbage with carrot salad	Vegetable salad	Chinese salad		
Soup, bread	Mastava soup	Noodles soup	Beans soup		
Hot dish (Choose one), bread or compote	1. Pasta with chicken 2. Cabbage rolls	1. Chicken Burger 2. Beef stroganoff with mashed potatoes	1. Chicken cutlet with spaghetti and broccoli 2. Baked potato bar with meat and cheese		
Fruit, bread compote	Seasonal fruit, compote, bread	Seasonal fruit, compote, bread	Seasonal fruit, compote, bread		
Afternoon snack, 2:35 pm	Bun with poppy seeds, fruit	Samsa with beef, fruit	Mini cheesecake, fruit		