












DELICIOUS AND HEALTHY MENU!

Organic Fruits, Vegetables, Dairy






9 AM BREAKFAST

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| Oatmeal Bread with butter Apples /Bananas  | Sweet noodles with milk Bread with butter  Apples /Bananas | Crepes with sour cream Fresh Fruit  | Oatmeal Fresh Fruit  | Cheese Pancakes (Syrniki) Fresh Fruit  |

12 PM LUNCH

| | | | | |
|---|---|---|---|---|
| Chicken soup with meatballs Side of bread Seasonal Fruits  | Fresh Borch Side of Bread  | Chicken soup with noodles Egg Salad Sliced Cucumber seasonal fruits  | Chicken Stew Fresh Bread Seasonal fruits  | Chicken soup with rice Fresh Bread seasonal fruits  |
|---|---|---|---|---|

3 PM SUPPER

| | | | | |
|--|---|---|---|---|
| Plov Rice with chicken and vegetables  | Chicken meatballs with Mashed potatoes Fruits  | Chicken Breast with Rice  | Macaroni with ground chicken  | Chicken rice meatball with Buckwheat  |
|--|---|---|---|---|

Drinks

1% milk and Filtered water



