











# M E N U I W E E K



	<b>BREAKFAST</b>	<b>VITAMIN BREAKFAST</b>	<b>DINNER</b>	<b>COMPACTED AFTERNOON MEAL</b>
<b>MONDAY</b>	<ul style="list-style-type: none"> <li>* 4-grain porridge with milk</li> <li>* Bread with butter</li> <li>* Tea with milk</li> </ul>	<ul style="list-style-type: none"> <li>* Apple</li> </ul> 	<ul style="list-style-type: none"> <li>* Slicing «Cucumber well done»</li> <li>* Bone broth soup</li> <li>* Meat in Kazakh style</li> <li>* Dried fruits compote</li> <li>* Wheat/rye bread</li> </ul>	<ul style="list-style-type: none"> <li>* «Apple» cookies</li> <li>* Chakhokhbili from chicken in tomato sauce</li> <li>* Side dish: mashed potatoes</li> <li>* Lemon drink</li> </ul>
<b>TUESDAY</b>	<ul style="list-style-type: none"> <li>* Barley porridge with milk</li> <li>* Bread with butter and cheese</li> <li>* Cocoa with milk</li> </ul>	<ul style="list-style-type: none"> <li>* Fruit in season</li> </ul> 	<ul style="list-style-type: none"> <li>* Salad «Health» (carrots, beets)</li> <li>* Lentil soup with bone broth</li> <li>* Boiled beef goulash</li> <li>* Side dish: steamed rice</li> <li>* Wild berry jelly</li> <li>* Wheat/rye bread</li> </ul>	<ul style="list-style-type: none"> <li>* Snowball kefir 2,5%</li> <li>* Vermicelli soup with m/k broth</li> <li>* Bagels</li> <li>* Tea with sugar</li> </ul>
<b>WEDNESDAY</b>	<ul style="list-style-type: none"> <li>* Steamed omelette</li> <li>* Bread with butter</li> <li>* Tea with milk</li> </ul>	<ul style="list-style-type: none"> <li>* Bananas</li> </ul> 	<ul style="list-style-type: none"> <li>* Salad «Khrumka» (carrots, garlic)</li> <li>* Borscht with bone broth</li> <li>* Smeshariki made from beef meat</li> <li>* Side dish: boiled buckwheat</li> <li>* Fresh fruit compote</li> <li>* Wheat/rye bread</li> </ul>	<ul style="list-style-type: none"> <li>* Chicken nuggets</li> <li>* Country-style potatoes</li> <li>* Baked «Milk cookies»</li> <li>* Rose hip decoction</li> </ul>
<b>THURSDAY</b>	<ul style="list-style-type: none"> <li>* Rice porridge with milk</li> <li>* Bread with butter and cheese</li> <li>* Cereal drink</li> </ul>	<ul style="list-style-type: none"> <li>* Fruit in season</li> </ul> 	<ul style="list-style-type: none"> <li>* Assorted vegetables (cucumber, tomatoes, corn)</li> <li>* Fish soup</li> <li>* «Bolognese» pasta</li> <li>* Raspberry jelly</li> <li>* Wheat/rye bread</li> </ul>	<ul style="list-style-type: none"> <li>* Acidophilus kefir 1,5%</li> <li>* Soup with meatballs in m/c broth</li> <li>* Sponge cake</li> <li>* Tea with lemon</li> </ul>
<b>FRIDAY</b>	<ul style="list-style-type: none"> <li>* Wheat porridge with milk</li> <li>* Bread with butter</li> <li>* Cocoa with milk</li> </ul>	<ul style="list-style-type: none"> <li>* Apple</li> </ul> 	<ul style="list-style-type: none"> <li>* Salad «Snow White» (cabbage, apple)</li> <li>* Rassolnik with bone broth</li> <li>* Boiled beefstroganoff</li> <li>* Side dish: vegetable puree (potatoes, carrots)</li> <li>* Compote of dried apricots</li> <li>* Wheat/rye bread</li> </ul>	<ul style="list-style-type: none"> <li>* Curd buns «Crow's feet»</li> <li>* Grandma's soup (lazy dumplings)</li> <li>* Чай с сахаром</li> </ul>

# M E N U II WEEK



	BREAKFAST	VITAMIN BREAKFAST	DINNER	COMPACTED AFTERNOON MEAL
<b>MONDAY</b>	<ul style="list-style-type: none"> <li>* Corn porridge with milk</li> <li>* Bread with butter</li> <li>* Tea with milk</li> </ul>	<ul style="list-style-type: none"> <li>* Apple</li> </ul> 	<ul style="list-style-type: none"> <li>* Slicing «Signor Tomato»</li> <li>* Shorpa on m/k broth</li> <li>* Pilaf with beef meat</li> <li>* Wild berry jelly</li> <li>* Wheat/rye bread</li> </ul>	<ul style="list-style-type: none"> <li>* Snowball kefir 2,5%</li> <li>* Charlotte with apples</li> <li>* Chicken farfalle in creamy sauce</li> <li>* Lemon drink</li> </ul>
<b>TUESDAY</b>	<ul style="list-style-type: none"> <li>* Oatmeal with milk</li> <li>* Bread with butter and cheese</li> <li>* Cocoa with milk</li> </ul>	<ul style="list-style-type: none"> <li>* Fruit in season</li> </ul> 	<ul style="list-style-type: none"> <li>* Carrot croutons (baked carrots)</li> <li>* Homemade noodles with chicken broth</li> <li>* Homemade roast beef</li> <li>* Dried fruits compote</li> <li>* Wheat/rye bread</li> </ul>	<ul style="list-style-type: none"> <li>* «Apple» cookies</li> <li>* Manta rays</li> <li>* Tea with sugar</li> </ul>
<b>WEDNESDAY</b>	<ul style="list-style-type: none"> <li>* Baked omelette</li> <li>* Bread with butter</li> <li>* Tea with milk</li> </ul>	<ul style="list-style-type: none"> <li>* Bananas</li> </ul> 	<ul style="list-style-type: none"> <li>* Salad «Fantasy» (beets, apples)</li> <li>* Peasant soup with bone broth</li> <li>* Chicken cutlet with vegetables</li> <li>* Side dish: boiled buckwheat</li> <li>* Raspberry jelly</li> <li>* Wheat/rye bread</li> </ul>	<ul style="list-style-type: none"> <li>* Pigodi with carrot salad</li> <li>* Baked «Milk cookies»</li> <li>* Rose hip decoction</li> </ul>
<b>THURSDAY</b>	<ul style="list-style-type: none"> <li>* Buckwheat porridge with milk</li> <li>* Bread with butter and cheese</li> <li>* Cereal drink</li> </ul>	<ul style="list-style-type: none"> <li>* Fruit in season</li> </ul> 	<ul style="list-style-type: none"> <li>* «Green» salad (cabbage, cucumbers)</li> <li>* «ABCD» soup with bone broth</li> <li>* Fish fingers in cream sauce</li> <li>* Side dish: steamed rice</li> <li>* Fresh apple compote</li> <li>* Wheat/rye bread</li> </ul>	<ul style="list-style-type: none"> <li>* Acidophilus kefir 1,5%</li> <li>* Bun «Moskow»</li> <li>* Lentil cream-soup with croutons</li> <li>* Tea with lemon</li> </ul>
<b>FRIDAY</b>	<ul style="list-style-type: none"> <li>* 3-grain porridge with milk</li> <li>* Bread with butter</li> <li>* Cocoa with milk</li> </ul>	<ul style="list-style-type: none"> <li>* Apple</li> </ul> 	<ul style="list-style-type: none"> <li>* «Bunny» salad (carrots, broccoli)</li> <li>* Mampar with bone broth</li> <li>* Meatballs with sour cream sauce</li> <li>* Side dish: mashed potatoes</li> <li>* Wild berry jelly</li> <li>* Wheat/rye bread</li> </ul>	<ul style="list-style-type: none"> <li>* Cottage cheese-semolina casserole</li> <li>* Bun «Yaroslavl»</li> <li>* Tae with sugar</li> </ul>