

Optional menu for Secondary school students of Miras International School for the period January 25-29, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
breakfast	Milk porridge of wheat – 1/200/10	Milk porridge "Sun" – 1/200/10	Milk porridge 7 cereals - 1/200/10	Semolina milk porridge – 1/200/10	Millet milk porridge – 1/200/10
	Baguette with sausage, cheese – 1/100	Samsa with meat-1/75	Doner with chicken -1/160	Sausage in the dough - 1/100	Croissant with chicken - 1/75
	Pies with cabbage - 1/75	Potato pies-1/75	French toast with herbs - 1/15/10/5	Cheesecakes with sour cream - 1/100/20	Bun with egg and cheese filling-1/60/30
	Puff pastry with cottage cheese-1/75	Dumplings with potatoes, butter, sour cream - 1/150/10/20	Omelet with sausage – 1/100/50	Vegetable sandwich -1/20/15/15/10	Hot sandwich – 1/20/20/20/5
	Omelet with vegetables - 1/100/50	Boiled egg - 1 piece	Omelet with vegetables - 1/100/50	Omelet with vegetables - 1/100/50	Boiled egg - 1 piece
	Tea in the assortment – 1/200	Tea in the assortment - 1/200	Tea in the assortment – 1/200	Tea in the assortment - 1/200	Tea in the assortment – 1/200
	Natural coffee – 1/200	Natural coffee – 1/200	Natural coffee – 1/200	Natural coffee – 1/200	Natural coffee – 1/200
	Yogurt – 1 piece,	Yogurt – 1 piece	Yogurt – 1 piece,	Yogurt – 1 piece	Yogurt – 1 piece,
	School milk t / p	Cocoa with milk - 1/200	School milk t / p	Cocoa with milk - 1/200	School milk t / p
	Butter -1 / 10	Butter -1/10	Butter -1 / 10	Butter -1/10	Butter -1 / 10
	Curd cheese-1 piece	Curd cheese-1 piece	Curd cheese-1 piece	Curd cheese-1 piece	Curd cheese-1 piece
	Cookies, waffles-1/50	Cookies, waffles-1/50	Cookies, waffles-1/50	Cookies, waffles-1/50	Cookies, waffles-1/50
	Dry breakfast in the assortment-1/30	Dry breakfast in the assortment-1/30	Dry breakfast in the assortment-1/30	Dry breakfast in the assortment-1/30	Dry breakfast in the assortment-1/30
	Muesli in the assortment-1/30	Muesli in the assortment-1/30	Muesli in the assortment-1/30	Muesli in the assortment-1/30	Muesli in the assortment-1/30
	Boiled milk – 1/200	Boiled milk – 1/200	Boiled milk – 1/200	Boiled milk – 1/200	Boiled milk – 1/200
	Sandwich bun-1/30	Bun fitness-1/30	Sandwich bun-1/30	Bun fitness-1/30	Sandwich bun-1/30
	Taba-nan-1/50	Taba-nan-1/50	Taba-nan-1/50	Taba-nan-1/50	Taba-nan-1/50
	Cereal loaves-pcs	Bread-cereal-PCs	Cereal loaves-pcs	Bread-cereal-PCs	Cereal loaves-pcs
	Cottage cheese with sour cream-1/80/20	Cottage cheese with sour cream-1/80/20	Cottage cheese with sour cream-1/80/20	Cottage cheese with sour cream-1/80/20	Cottage cheese with sour cream-1/80/20
	Fermented milk drink – 1/200	Fermented milk drink – 1/200	Fermented milk drink – 1/200	Fermented milk drink – 1/200	Fermented milk drink – 1/200
Fruit platter	Fruit platter	Fruit platter	Fruit platter	Fruit platter	
Salad "Nezhnost`" - 1/100	Sunflower Salad - 1/100	Malibu Salad - 1/100	Caesar salad with chicken - 1/100	Olivie Salad - 1/100	

lunch	Hot carrot salad - 1/100	Beetroot salad with cheese - 1/100	Hot carrot salad - 1/100	Greek salad -1/100	Cauliflower salad with vegetables-1/100
	Fresh vegetables in the assortment	Fresh vegetables in the assortment	Fresh vegetables in the assortment	Fresh vegetables in the assortment	Fresh vegetables in the assortment
	Borsch with meat and sour cream - 1/250/10/10	Cespe chicken - 1/250/20	Peasant soup with meat -1/250/10	Lentil soup with meat - 1/250/10	Pickle with meat, sour cream - 1/250/10/10
	Goulash with meat -1/100/50	Pilaf with meat -1/250	Roast with meat - 1/250	Pilaf with chicken legs -1/100/150	French-style meat -1/250
	Tender cutlet -1/100	Baked chickens - 1/100	Chicken steak - 1/100/20/10	Skewers of chicken -1/100	Chicken drumstick -1/100
	Cheese roll -1/75	Cutlet Astana -1/100	Dumplings -1/200/20	Meatballs meat - 1/100	Carmen meat -1/100/50
	Lagman -1/100/150/50	Meat schnitzel -1/100	Chicken drumstick 1/100	Steak and egg -1/100/40	Chicken meatballs -1/100
	Fried fish -1/100	Baked fish (walleye) -1/100	Fish baked with cheese, tomato (pike perch) - 1/75/25	Baked salmon -1/100	Fish schnitzel - 1/100
	Boiled spaghetti – 1/150	The horns boiled - 1/150	Boiled bows - 1/150	Color ringtones -1/150	Boiled spaghetti - 1/150
	Color rice – 1/150	Puffed rice -1/150	Rice with paprika - 1/150	Puffed rice – 1/150	Rice with paprika -1/150
	Buckwheat -1/150	Bulgur -1/150	Buckwheat – 1/150	Wheat porridge -1/150	Buckwheat – 1/150
	Baked potatoes -1/150	Mashed potatoes - 1/150	Pea puree -1/150	Baked potatoes - 1/150	Mashed potatoes – 1/150
	Vegetable mix - 1/150	Boiled beans -1/150	Cauliflower -1/150	Grilled vegetables-1/150	Stewed cabbage -1/150
	Compote - 1/200	Compote -1/200	Compote -1/200	Compote - 1/200	Compote - 1/200
	Bread in the assortment-1/30	Bread in the assortment-1/30	Bread in the assortment-1/30	Bread in the assortment-1/30	Bread in the assortment-1/30
	Vegetable sandwiches (fresh cucumber, tomato, greens)	Rolls with filling	Vegetable sandwiches (fresh cucumber, tomato, greens)	Rolls with filling	Vegetable sandwiches (fresh cucumber, tomato, greens)
	Fruit platter	Fruit platter	Fruit platter	Fruit platter	Fruit platter
	Confectionery products in ass-te	Confectionery products in ass-te	Confectionery products in ass-te	Confectionery products in ass-te	Confectionery products in ass-te
					Ice cream-pcs
	snack	Virgin carrot -1/60	Powdered bun -1/60	Bagel with jam -1/60	Milk cake -1/60
Juice in t/p - 1/200		Juice in t/p - 1/200	Juice in t/p - 1/200	Juice in t/p - 1/200	Juice in t / p-1/200
Fruit -1 piece		Fruit -1 piece	Fruit -1 piece	Fruit -1 piece	Fruit-1 piece

Doctor

Begezhanova S.M.

Nutrition manager

Shilo O.N.

Dietitian

Seidalina Sh.E.