

Weekly menu for
Pre-School at Miras International School
for the 25.01. 2021 - 29 .01. 2021 period

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wheat milk porridge –1/150/10 Butter sandwich – 1/30/10 Tea drink with milk -1/150	Porridge “Sun” (rice millet) - 1/150/10 Sandwich with butter and cheese- 1/30/10/10 Cocoa -1/150 Bread -1/25	Milk porridge 7 cereals -1/150/10 Butter sandwich bun, boiled turkey- 1/30/10/20 Tea drink with milk–1/150	Semolina milk porridge – 1/150/10 Sandwich with butter, jam- 1/30/10/10 Coffee drink with milk (chicory) - 1/150	Millet milk porridge– 1/150/10 Sandwich with butter and cheese- 1/30/10/10 Tea drink with milk–1/150
Vit.	Seasonable fruits	Seasonable fruits	Seasonable fruits	Seasonable fruits	Seasonable fruits
Lunch	Tomato salad with green onions on v/o -1 / 40 Borsch with meat, sour cream - 1/150/10/10 Roast meat -1/180 Dried fruit compote -1/150 Bread-1/55 Rusks-1/15	Carrot salad with cheese -1/40 “Kespe” with chicken -1/150/20 Meat cutlet -1/60 Vegetable stew -1/120 Fruit and berry jelly–1/150 Bread-1/55 Rusks-1/15	Beetroot salad with prunes -1/40 Peasant soup with meat – 1/150/10 Chicken drumstick -1/60 Boiled bows -1/120 Red sauce -1 / 15 A decoction of rose hips -1/150 Bread-1/55 Rusks-1/15	Greek salad (without olives) -1/40 Lentil soup with meat -1/150/20 Fish bitochek (pink salmon) - 1/60 Puffed rice -1/120 Sour cream sauce -1 / 15 Fresh apple compote -1/150 Bread-1/55 Rusks-1/15	Cauliflower salad with vegetables - 1/40 Pickle with meat and sour cream - 1/150/10/10 Grechaniki -1/60 Baked vegetables - 1/120 Currant compote -1/150 Bread-1/55 Rusks-1/15
Snack	Boiled milk -1/150 Virgin carrot-1/60	Tea drink with milk -1/150 Bread roll with powder-1/60	Fermented milk drink -1/200 Cottage cheese pudding with sour cream sauce-1/70/20	Cocoa -1/150 Milk cake -1/60	Boiled milk -1/150 Vatrushka with cottage curd-1/70
Dinner	Cucumbers in portions-1/30 Chicken meatballs -1/60 The rigatoni boiled–1/120 Red sauce– 1/15 Tea drink with milk – 1/150 Bread – 1/25	Vegetable mix-1/30 Dumplings with sour cream - 1/180/10 Tea drink with milk -1/150 Bread – 1/25	Fresh cucumbers -1/30 Meat schnitzel -1/60 Mashed potatoes -1/120 Fresh fruit compote -1/150 Bread -1/25	Fresh carrots-1/30 Kazakh-style meat (horse meat) - 1/60/120/25 Tea drink with lemon–1/150 Bread -1/25	Tomatoes in portions-1/30 Pilaf with meat -1/180 Prune compote -1/150 Bread -1/25

Doctor:

Begezhanova S.M.

Nutrition manager:

Shilo O.N.

Dietitian:

Seidalina Sh.E.