

Weekly menu for  
Kindergarten at Miras International School  
for the 25.01. 2021 - 29.01. 2021 period

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Breakfast cereals with milk-1/40/200 Sandwich with butter, jam-1/30/10/20 Tea with milk – 1/200	Milk porridge “Solnyshko” (rice, millet) - 1/200/10 Sandwich with butter– 1/30/10 Boiled egg– 1 pc. Cocoa – 1/200 Bread -1/55	Milk porridge 7 cereals – 1/200/10 Butter sandwich bun, boiled turkey-1/30/10/20 Tea with milk– 1/200	Cheesecakes with sour cream - 1/100/20 Sandwich with butter -1/30/10 Chicory coffee drink-1/200	Millet milk porridge – 1/200/10 Sandwich with butter, jam- 1/30/10/20 Tea with milk– 1/200
<b>Vitamin pause</b>	Seasonable fruits	Seasonable fruits	Seasonable fruits	Seasonable fruits	Seasonable fruits
<b>Lunch</b>	Tomato salad with green onions on v/o-1/60 Borsch with meat and sour cream – 1/200/10/10 Lagman -1/75/150/50 Dried fruit compote– 1/200 Bread in the assortment-1/55	Carrot salad with cheese-1/60 Caspian chicken – 1/200/20 Meat cutlet -1/75 Boiled buckwheat -1/150 The red sauce -1/50 Fruit and berry jelly – 1/200 Bread in the assortment-1/55	Beetroot salad with prunes on v/o-1/60 Peasant soup with meat - 1/200/10 -1/75 Chicken drumstick -1/75 Boiled bows -1/150 A decoction of rose hips – 1/200 Bread in the assortment-1/55	Greek salad-1/60 Lentil soup with meat – 1/200/10 Fish chops (pink salmon) - 1/75 Puffed rice – 1/150 Sour cream sauce -1/50 Compote of fresh apples – 1/200 Bread in the assortment-1/55	Cauliflower salad with vegetables-1/60 Pickle with meat and sour cream – 1/200/10/10 Roast meat -1/225 Currant compote– 1/200 Bread in the assortment-1/55
<b>Snack</b>	Boiled milk -1/200 Virgin carrot-1/60	Tea drink with milk -1/200 Bread roll with powder-1/60	Boiled milk -1/200 Cottage cheese pudding with sour cream sauce-1/70/20	Cocoa -1/200 Milk cake -1/60	Apple juice -1/200 Pancakes with jam -1/100/20

**Doctor:**

**Begezhanova S.M.**

**Nutrition manager:**

**Shilo O.N.**

**Dietitian:**

**Seidalina Sh.E.**