

Weekly menu for
 Pre-School at Miras International School
 for the 31.05.21 - 04.06.21 period

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk barley porridge - 1/150/10 Sandwich with butter and jam -- 1/30/10/10 Tea drink with milk – 1/150	Semolina milk porridge - 1/150/10 Sandwich with butter, jam- 1/30/10/10 Cocoa–1/150	Milk porridge "Sun" (rice, millet) - 1/150/10 Sandwich with butter and cheese- 1/30/10/10 Tea drink with milk–1/150	Milk porridge 7 cereals - 1/150/10 Sandwich with butter, jam- 1/30/10/10 Coffee drink with milk (chicory) - 1/150	Wheat milk porridge - 1/150/10 Sandwich with butter and cheese- 1/30/10/10 Tea drink with milk– 1/150
Vit. p	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
Lunch	Carrot salad with garlic -1/40 Vegetable soup with sour cream - 1/150/10/10 Meat hedgehogs -1/60 Garnish buckwheat -1/120 Red sauce -1 / 15 Dried fruit compote – 1/150 Bread in the assortment – 1/25 Crackers -1/15	Vitamin salad -1/40 Potato soup with meat meatballs - 1/150/20 Boiled shin -1/60 Spaghetti -1/120 Currant compote - 1/150 Bread in the assortment – 1/25 Crackers -1/15	Salad of fresh vegetables (cucumbers tomatoes with herbs) - 1/40 Chicken quespe– 1/150/20 Bigus with meat -1/180 Prune compote -1/150 Bread in the assortment – 1/25 Crackers -1/15	Boiled beet salad with apple on m/r -1 / 40 Lentil soup with meat -1/150/10/10 Fish chops (pink salmon) - 1/60 Puffed rice - 1/120 White sauce -1 / 15 Compote with fresh fruit-1/150 Bread in the assortment – 1/25 Crackers -1/15	Green salad (cucumbers lettuce) - 1/40 Borsch in the navy with meat, sour cream– 1/150/10/10 Meat cutlets-1/60 Side dish buckwheat-1/120 Red sauce -1 / 15 Dried apricot compote - 1/150 Bread in the assortment – 1/25 Crackers -1/15
Snack	Boiled milk – 1/200 Cottage cheese cake -1/60	Yogurt -1 pc Milk cake -1/60 Tea drink with milk -1/150	Cocoa -1/150 Cheesecake with cottage cheese - 1/75	Sour milk drink "Snowball" - 1/200 Powdered bun -1/60	Tea drink with milk - 1/150 Cottage cheese pudding with sour cream-1/70/20
Dinner	Fresh tomatoes -1/30 Turkey with vegetables-1/60/30 Mashed potatoes - 1/120 Red sauce -1 / 15 Tea with sugar - 1/150 Bread – 1/25	Broccoli boiled-1/30 Meat schnitzel -1/60 Side dish buckwheat -1/120 Tea drink with milk - 1/150 Bread -1/25	Fresh cucumbers-1/30 Meat meatballs -1/60 Boiled bows -1/120 Assorted compote - 1/150 Sandwich bun -1 / 25	Vegetable mix-1/30 Roast meat -1/180 Tea with lemon - 1/150 Bread -1/25	Fresh carrots-1/30 Meat meatballs -1/60 Boiled vermicelli-1/120 Red sauce -1 / 15 Tea drink with milk - 1/150 Bread -1/25

Doctor:

Begezhanova S.M.

Nutrition manager:

Shilo O.N.

Диет. сестра:

Seidalina Sh.E.