

Директор филиала №1  
 ТОО «COOKSKZ» г. Нур-Султан  
 \_\_\_\_\_ Наумова И. З.  
 «\_\_\_\_\_» \_\_\_\_\_ 2021 г.

Директор школы «Мирас» г. Нур-Султан  
 \_\_\_\_\_ Хамитова Е.М.  
 «\_\_\_\_\_» \_\_\_\_\_ 2021 г.

Weekly menu for  
 Primary School of Miras International School  
 for the 25.01. 2021 г. по 29.01. 2021 period

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Dry breakfast 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 Hot sandwich (ham cheese) - 1/20/20/20/5 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>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>	Apple juice t/p -1/200 Virgin carrot -1/60 Fruits by season-1 pc	Apple juice t/p -1/200 Bread roll with powder-1/60 Fruits by season-1 pc	Apple juice in t/p -1/200 Bagel with jam -1/60 Fruits by season-1 pc	Apple juice t/p -1/200 Milk cake -1/60 Fruits by season-1 pc	Apple juice t/p -1/200 Cheesecake with cottage cheese -1/60 Fruits by season-1 pc

**Doctor:** Begezhanova S.M.

**Nutrition manager:** Shilo O.N.

**Dietitian:** Seidalina Sh.E.