

Weekly menu for
Primary School of Miras International School

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Dry breakfast with milk- 1/40/200 Sandwich with butter, jam-1/30/10/20 Tea with milk – 1/200	Semolina milk porridge- 1/200/10 Hot sandwich (ham, cheese) - 1/20/20/20/5 Sandwich with butter - 1/30/10 Cocoa – 1/200	Milk porridge Sun (rice, millet)– 1/200/10 Butter and cheese sandwich- 1/30/10/10 Tea with milk– 1/200	Milk porridge 7 cereals – 1/200/10 Butter sandwich-1/30/10 Boiled egg-1 pc Chicory coffee drink-1/200	Wheat milk porridge - 1/200/10 Yogurt -1 pc Butter sandwich-1/30/10 Tea with milk – 1/200
Lunch	Carrot salad with cheese on v/o-1/60 Vegetable soup with sour cream -1/200/10/10 Meatball-1/75 Boiled buckwheat - 1/150 Red sauce -1/50 Dried fruit compote – 1/200 Bread in the assortment- 1/55	Vitamin salad-1/60 Kеспе with chicken - 1/200/20 Baked shin – 1/75 Spaghetti -1/150 Red sauce -1/50 Currant compote – 1/200 Bread in the assortment- 1/55	Salad of fresh vegetables (cucumbers, tomatoes with herbs) - 1/60 Lentil soup with meat– 1/200/10 Meat goulash -1/75/50 Mashed potatoes -1/150 Prune compote -1/200 Bread in the assortment-1/55	Boiled beet salad with apple on m/r -1 / 60 Soup with fish meatballs - 1/200/20 Fish schnitzel (pink salmon) - 1/75 Puffed rice – 1/150 White sauce -1/50 Compote with fresh fruit – 1/200 Bread in the assortment-1/55	Green salad (cucumbers and lettuce) on v/o-1/60 Borscht in the navy with meat, sour cream – 1/200/10/10 Roast meat -1/225 Dried apricot compote -1/200 Bread in the assortment-1/55
Snack	Apple juice t/p– 1/200 Cottage cheese cake - 1/60 Fruit by season	Apple juice t/p– 1/200 Milk cake -1/60 Fruit by season	Apple juice t/p– 1/200 Cheesecake with cottage cheese-1/75 Fruit by season	Apple juice t/p– 1/200 Powdered bun -1/60 Fruit by season	Apple juice t/p– 1/200 Confectionery -1/50 Fruit by season

Doctor:

Begezhanova S.M.

Nutrition manager:

Shilo O.N.

Диет. сестра:

Seidalina Sh.E.

