

Weekly menu for  
 Primary School of Miras International School  
 for the 11.01. 2021 - 15.01. 2021 period

	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	Barley dairy porridge -1/200/10 Hot sandwich (sausage, cheese) – 1/20/20/20/5 Sandwich bun with butter - 1/30/10 Cacao – 1/200	Solnyshko dairy porridge (rice, millet) 1/200/10 Sandwich with butter, cheese - 1/30/10/10 Tea with milk– 1/200	7 cereals dairy porridge -1/200/10 Sandwich with butter, jam - 1/30/10/20 Confectionery -1/30 Coffee with milk (chicory) – 1/200	Millet dairy porridge -1/200/10 Boiled egg-1 pc Sandwich with butter, jam – 1/30/10/10 Tea with milk– 1/200
Lunch	Fresh vegetables salad (cucumbers, tomatoes with green) – 1/60 Noodle soup with chicken – 1/200/20 Meaty collop– 1/75 Boiled buckwheat -1/150 Red sauce-1/50 Dried fruits compote – 1/200 Bread in assortment– 1/55	Vinegret -1/60 Soup with fishy meatballs - 1/200/20 Boiled drumstick – 1/75 Spaghetti -1/150 Red sauce-1/50 Currant compote – 1/200 Bread in assortment– 1/55	Bulgarian pepper with tomato salad -1/60 Lentil soup with meat – 1/200/10 Meatballs -1/75 Mashed potato -1/150 Prunes compote -1/200 Bread in assortment– 1/55	Carrot with garlic salad – 1/60 Vegetable soup with meat, sour cream -1/200/10/10 Fishy schnitzel (pink salmon) – 1/75 Stewed rice – 1/150 White sauce -1/50 Fresh fruits compote – 1/200 Bread in assortment– 1/55	Salty cucumbers in portions – 1/60 Navy borsch with meat, sour cream – 1/200/10/10 Stew -1/225 Dried apricots compote -1/200 Bread in assortment– 1/55
Snack	Apple juice t/p– 1/200 Curdy cake -1/60 Seasonal fruits	Apple juice t/p– 1/200 Creamy kalach -1/60 Seasonal fruits	Apple juice t/p– 1/200 Curd patty – 1/70 Seasonal fruits	Apple juice t/p– 1/200 Bun with baking powder -1/60 Seasonal fruits	Apple juice t/p– 1/200 Cookies -1/50 Seasonal fruits

Doctor:

Begezhanova S.M.

Nutrition manager:

Shilo O.N.

Dietitian:

Seidalina Sh.E.