

KINDERGARTEN MENU

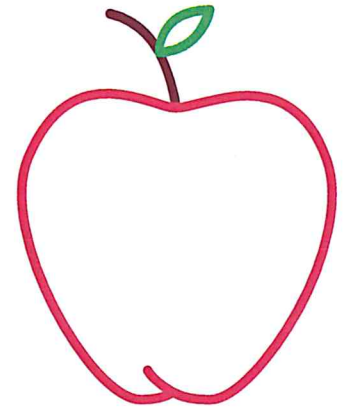
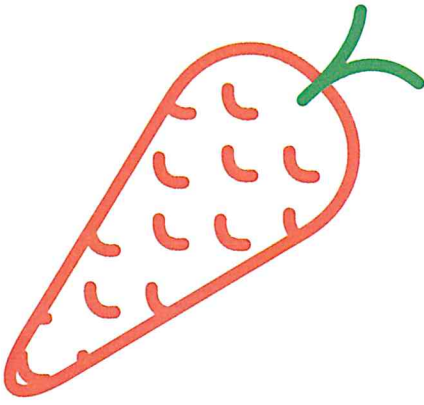


С.В. Савкина



В.А. Мильков

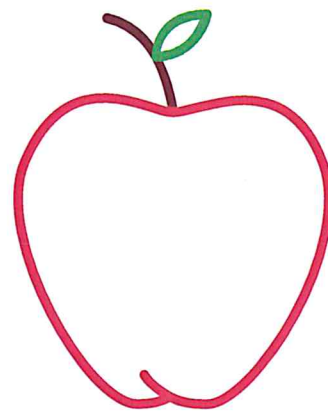
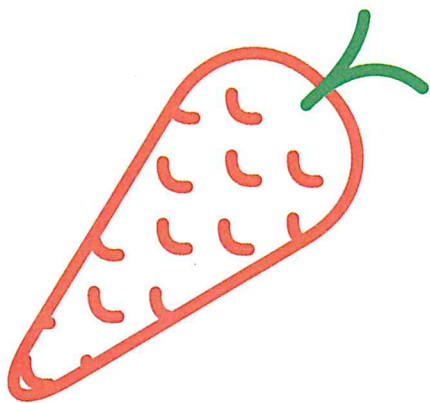
Meals	Day 1					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast						
Breakfast	Dairy herculean porridge	200	202	5.1	5	14.3
	Boiled egg	40	158	12.7	11.5	0.7
	Cheese toast	60	139	10.51	15.29	32.36
	Cocoa with milk	200	107	2.04	1.77	8.79
Lunch						
Lunch	Weight (kg)	Kcal	Protein	Fats	Carbs	
	Vegetable plate	60	18.6	3	0	5
	Chicken soup with rice	30	154	3	5	7.5
	Pasta with butter	30	235	6.5	6.9	36.1
	Turkey nuggets	30	179	18	3	26
	Wheat bread	100	70.5	7.9	1	48.3
	Berry compote	200	62.5	0.1	0.04	8.71
Snack						
Afternoon snack	Weight (kg)	Kcal	Protein	Fats	Carbs	
	Shortbread bar with cottage cheese and granola	60	156	6	5	8
	Milk 3.2%	180	102	3.04	2.71	5.04
	Kefir, ryazhenka, curdled milk	180	90	5.22	4.5	7.2
Fresh fruits	100	32	0.89	0.196	23.1	



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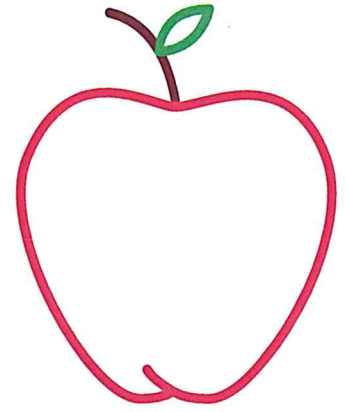
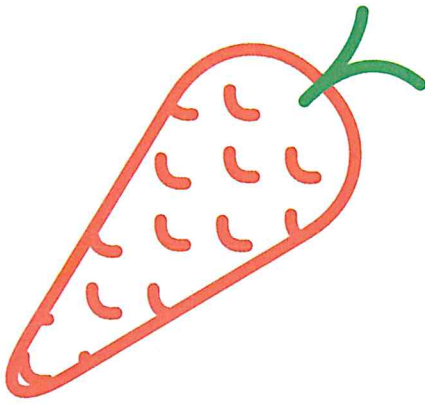
Meals	Day 2					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast						
Breakfast	Dairy buckwheat porridge	200	94.3	2.9	2.2	15.9
	Omelette	80	157	7.52	13.5	1.51
	Cottage cheese casserole	80	131.2	14	7	11
	Cocoa with milk	200	107	2.04	1.77	8.79
Lunch						
Lunch	Vegetable plate	60	18.6	3	0	5
	Borsch with meat	250	128	3.96	2.91	5.49
	Rice	180	252	4.37	6.44	44
	Chicken skewers	80	112.8	29	2	1
	Wheat bread	30	70.5	7.9	1	48.3
	Dried fruits compote	200	70	0	0	8
	Snack					
Afternoon snack	Muffins with ham and cheese	60	212	6	8	30
	Milk 3.2%	180	102	3.04	2.71	5.04
	Kefir, ryazhenka, curdled milk	180	90	5.22	4.5	7.2
	Fresh fruits	100	32	0.89	0.196	23.1



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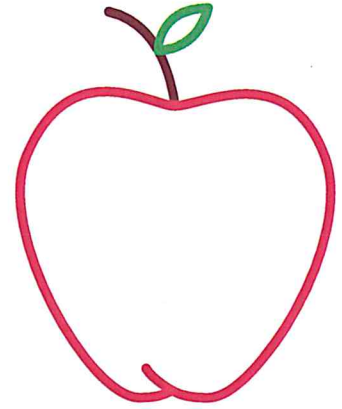
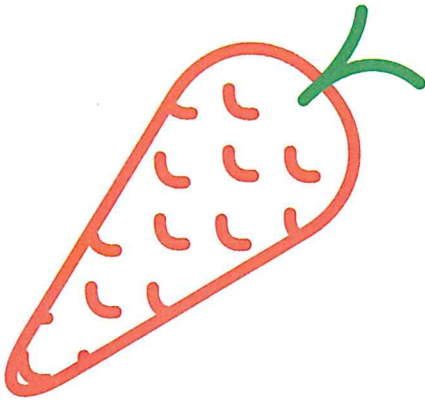
Meals	Day 3					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast	Dairy porridge	200	194	6	6	28
	Oat pancakes	60	156	10	6	25
	Jam in assortment	10	25.2	0	0	64
	Omelette	80	205	15	14	5
	Cocoa with milk	200	107	2.04	1.77	8.79
Lunch	Lunch					
	Weight (kg)	Kcal	Protein	Fats	Carbs	
	Vegetable plate	60	18.6	3	0	5
	Potato soup with meatballs	250	164	8	4	16
	Baked pumpkin	150	223	5.53	9.16	28.8
	Meatball in cream sauce	80	182	11	14	15
	Wheat bread	30	70.5	7.9	1	48.3
Berry compote	200	62.5	0.1	0.04	8.71	
Afternoon snack	Snack					
	Weight (kg)	Kcal	Protein	Fats	Carbs	
	Brownie	60	184	4.3	4.8	3.1
	Milk 3.2%	180	102	3.04	2.71	5.04
	Kefir, ryazhenka, curdled milk	180	90	5.22	4.5	7.2
Fresh fruits	100	32	0.89	0.196	23.1	



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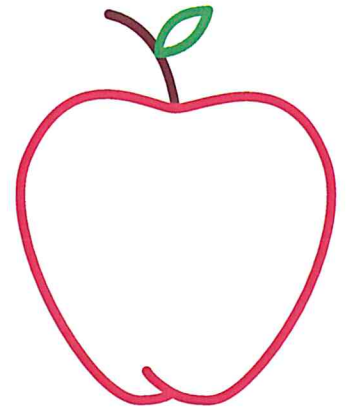
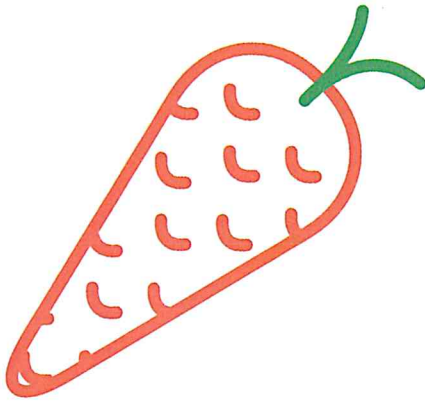
Meals	Day 4					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast						
Breakfast	Dairy semolina porridge	200	132	8	6	34
	Omelet	80	157	7.52	13.5	1.51
	Toast with cheese	60	139	10.51	15.29	32.36
	Cocoa with milk	200	107	2.04	1.77	8.79
Lunch						
Lunch	Vegetable plate	60	18.6	3	0	5
	Soup with white fish and tomato	200	50	2.5	2.5	7.5
	Mashed potatoes	180	205	3.67	5.76	24.5
	Chicken sausages	80	160	14	11	1
	Wheat bread	30	70.5	7.9	1	48.3
	Apple compote with lemon	200	103	25	0	0
	Snack					
Afternoon snack	Apple pie	60	170	2.5	8	27
	Milk 3.2%	180	102	3.04	2.71	5.04
	Kefir, ryazhenka, curdled milk	180	90	5.22	4.5	7.2
	Fresh fruits	100	32	0.89	0.196	23.1



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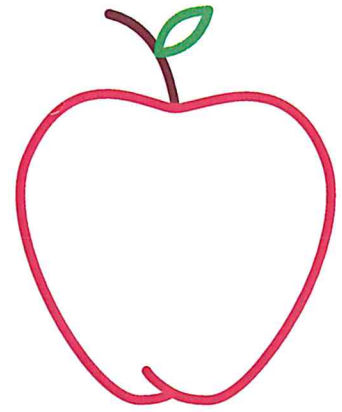
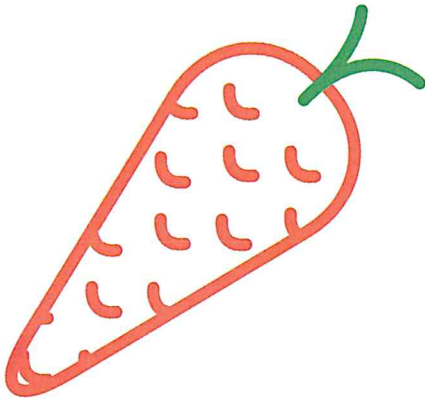
Meals	Day 5		Meal Weight		Energy value		Nutrients		
			Weight (kg)	Kcal	Protein	Fats	Carbs		
	Breakfast								
Breakfast	Rice porridge		200	164	6	6	22		
	Wheat pancakes		60	107	4	3	17		
	Jam in assortment		10	25.2	0	0	64		
	Parm casserole		80	164	15	8	9		
	Cocoa with milk		200	107	2.04	1.77	8.79		
	Lunch								
Lunch			Weight (kg)	Kcal	Protein	Fats	Carbs		
	Vegetable plate		60	18.6	3	0	5		
	Lean cabbage soup		250	77	3	5	7.5		
	Spaghetti		180	168	3.68	3.01	17.63		
	Turkey schnitzel		80	86	21	0	0		
	Wheat bread		30	70.5	7.9	1	48.3		
	Rosehip drink		200	43	0	0	10		



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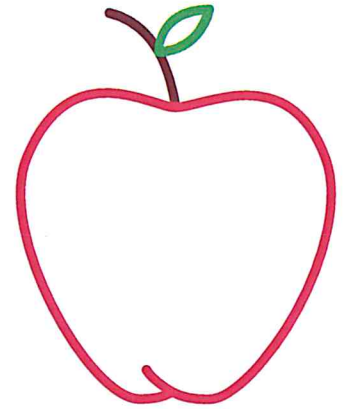
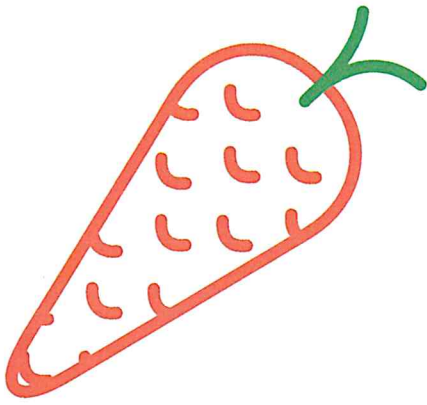
Meals	Day 6		Meal Weight	Energy value	Nutrients		
			Weight (kg)	Kcal	Protein	Fats	Carbs
	Breakfast						
Breakfast	Rice dairy porridge		200	132	8	6	34
	Cottage cheese casserole		80	124	8.77	6.3	8.58
	Boiled egg		40	158	12.7	11.5	0.7
	Cocoa with milk		200	107	2.04	1.77	8.79
	Lunch						
Lunch			Weight (kg)	Kcal	Protein	Fats	Carbs
	Vegetable plate		60	18.5	3	0	5
	Chicken soup		200	240	17	8	12
	Pasta with butter		180	235	6.5	6.9	36.1
	Beef meatballs		80	195	18	13.6	0
	Wheat bread		30	70.5	7.9	1	48.3
	Berry compote		200	62.5	0.1	0.04	8.71
	Snack						
Afternoon snack			Weight (kg)	Kcal	Protein	Fats	Carbs
	Shortbread cookies with jam		60	223	5.82	21.38	57.8
	Milk 3.2%		180	102	3.04	2.71	5.04
	Kefir, ryazhenka, curdled milk		180	90	5.22	4.5	7.2
Fresh fruits		100	32	0.89	0.196	23.1	



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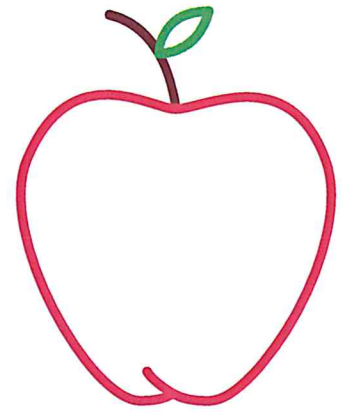
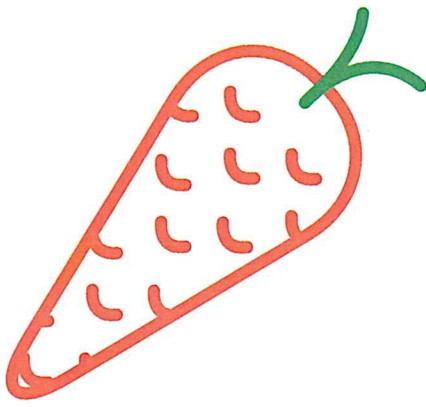
Meals	Day 7					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast						
Breakfast	Dairy porridge 4 grains	200	88	3	3	12
	Frittata with tomatoes and vegetables	80	81	7.2	7.04	2.33
	Creamy casserole	80	131.2	14	7	11
	Cocoa with milk	200	107	2.04	1.77	8.79
Lunch						
Lunch	Vegetable plate	60	18.6	3	0	5
	Creamy pumpkin soup	200	71	2.5	0	19
	Boiled rice	180	235	6.5	6.9	36.1
	Chicken teriyaki	80	100	17	4	6
	Wheat bread	30	70.5	7.9	1	48.3
	Berry compote	200	70	0	0	8
	Snack					
Afternoon snack	Brownie	60	184	4.3	4.8	3.1
	Milk 3.2%	180	102	3.04	2.71	5.04
	Kefir, ryazhenka, curdled milk	90	5.22	4.5	7.2	
	Fresh fruits	100	32	0.89	0.196	23.1



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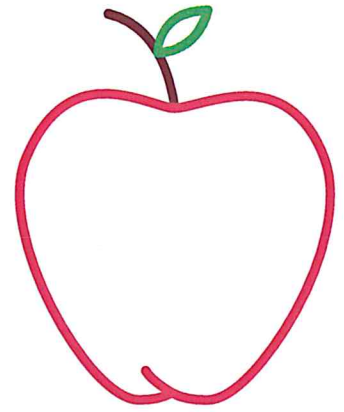
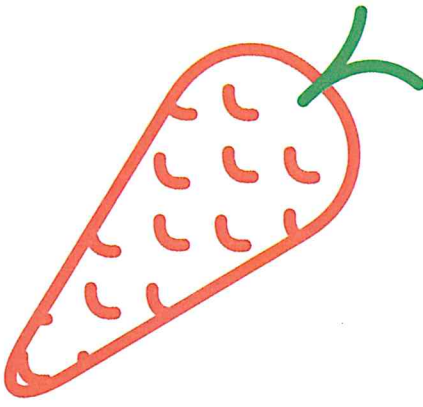
Meals	Day 8					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast						
Breakfast	Dairy corn porridge	200	279	4	3	30
	Scramble with cheese	80	92.8	10	8	2
	Semolina casserole	80	163	14	7	10
	Cocoa with milk	200	107	2.04	1.77	8.79
Lunch						
Lunch	Weight (kg)	Kcal	Protein	Fats	γ	
	Vegetable plate	60	18.6	3	0	5
	Bean soup with croutons	200	240	22	4	20
	Boiled potatoes	150	305	10	6	47
	Turkey cutlet	80	84	17	1	8
	Wheat bread	30	70.5	7.9	1	48.3
	Orange compote	200	34	0	0	8
Snack						
Afternoon snack	Weight (kg)	Kcal	Protein	Fats	Carbs	
	Patties with potatoes	60	144	5	4.5	24
	Milk 3.2%	180	102	3.04	2.71	5.04
	Kefir, ryazhenka, curdled milk	180	90	5.22	4.5	7.2
Fresh fruits	100	32	0.89	0.196	23.1	



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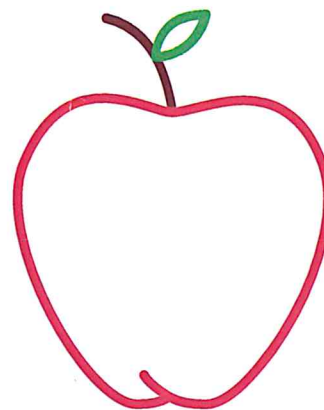
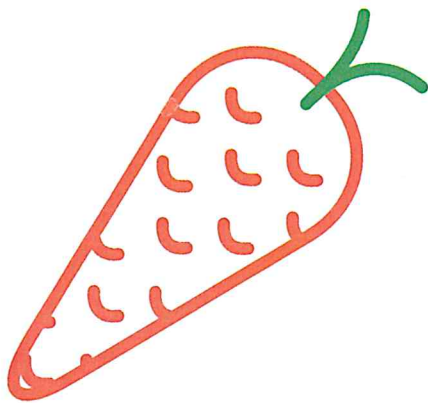
Meals	Day 9		Energy value		Nutrients	
	Meal Weight		Kcal	Protein	Fats	Carbs
	Breakfast		Weight (kg)			
Breakfast	Dairy porridge	200	122	4	5	16
	Wheat pancakes	60	104	5	2.5	15
	Jam in assortment	10	25.2	0	0	64
	Omelet	85	157	7.52	13.5	1.51
	Cocoa with milk	200	107	2.04	1.77	8.79
	Lunch		Weight (kg)			
Lunch	Vegetable plate	60	18.6	3	0	5
	Potato soup	250	67.3	0.66	2.24	3.66
	Boiled bulgur	180	194	3	10	35
	Breaded fish sticks	80	122	14	6	4
	Wheat bread	30	70.5	7.9	1	48.3
	Berry compote	200	70	0	0	8
	Snack		Weight (kg)			
Afternoon snack	Apple pie	60	170	2.5	8	27
	Milk 3.2%	180	102	3.04	2.71	5.04
	Kefir, ryazhenka, curdled milk	180	90	5.22	4.5	7.2
	Fresh fruits	100	32	0.89	0.196	23.1



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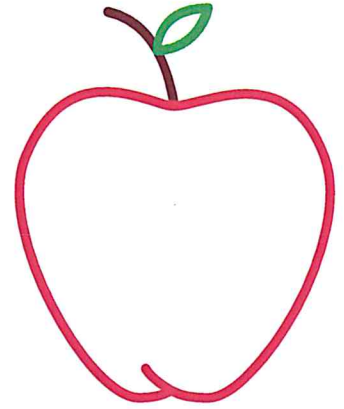
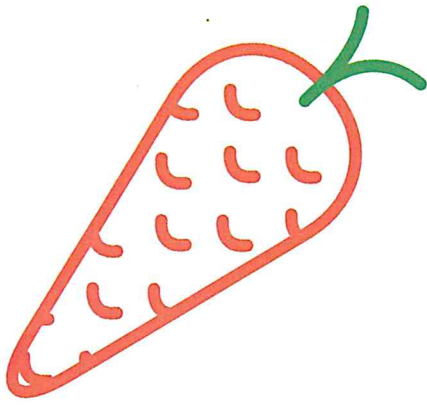
Meals	Day 10					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast						
Breakfast	Dairy porridge	200	148.5	3	3	14
	Parm casserole	80	164	15	8	9
	Omelet	80	110	9	7	2
	Cocoa with milk	200	107	2.04	1.77	8.79
Lunch						
Lunch	Weight (kg)	Kcal	Protein	Fats	Carbs	
	Beet salad with green peas	60	46.3	1.67	4.18	8.2
	Chicken soup	250	164	16	4	12
	Mashed potatoes	180	205	3.67	5.76	24.5
	Steamed turkey	80	86	21	0	0
	Wheat bread	30	70.5	7.9	1	48.3
	Rosehip drink	200	86	0	0	20



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Meals	Day 11					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast						
Breakfast	Dairy porridge	150	202	5.1	5	14.3
	Boiled eggs	40	158	12.7	11.5	0.7
	Toast with cheese	60	139	10.51	15.29	32.36
	Cocoa with milk	200	107	2.04	1.77	8.79
Lunch						
Lunch	Vegetable plate	60	18.6	3	0	5
	Potato soup with meatballs	200	164	8	4	16
	Pasta with butter	150	235	6.5	6.9	36.1
	Chicken cutlet	80	126.4	22	1	14
	Wheat bread	30	70.5	7.9	1	48.3
	Berry compote	200	62.5	0.1	0.04	8.71
Snack						
Afternoon snack	Carot muffin	60	0	0	0	0
	Milk 3.2%	180	102	3.04	2.71	5.04
	Kefir, ryazhenka, curdled milk	180	90	5.22	4.5	7.2
	Fresh fruits	100	32	0.89	0.196	23.1



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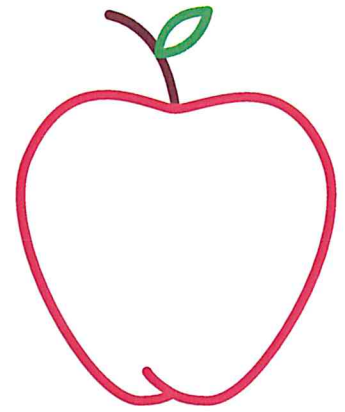
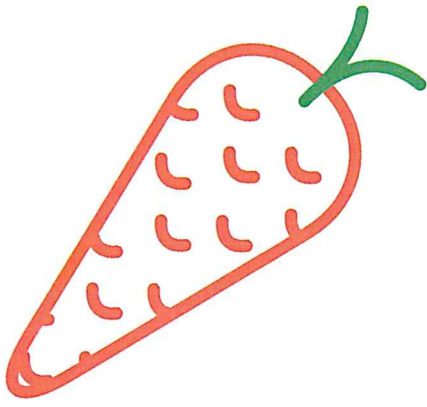


Согласовано:
д.Ю. Международная школа Брукс
Руководитель АХО
С.В. Ефкина



УТВЕРЖДЕНО в производстве:
ООО «Правильная еда»
Зав. Производством
И.А. Мильков

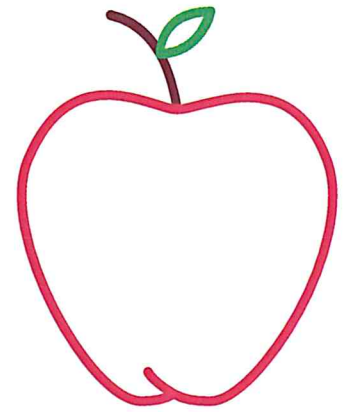
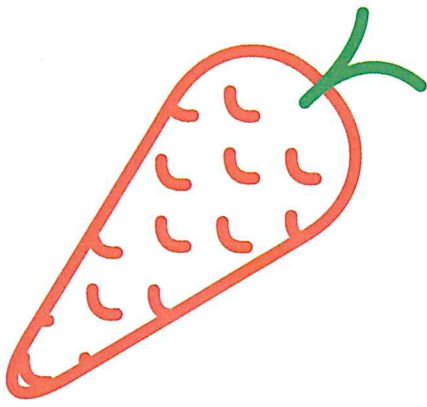
Meals	Day 12					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast						
Breakfast	Dairy buckwheat porridge	200	94.3	2.9	2.2	15.9
	Omelette	80	157	7.52	13.5	1.51
	Cottage cheese casserole	80	131.2	14	7	11
	Cocoa with milk	200	107	2.04	1.77	8.79
Lunch						
Lunch	Vegetable plate	60	18.6	3	0	5
	Borsch with meat	250	128	3.96	2.91	5.49
	Rice	180	252	4.37	6.44	44
	Chicken skewers	80	112.8	29	2	1
	Wheat bread	30	70.5	7.9	1	46.3
	Dried fruits compote	200	70	0	0	8
	Snack					
Afternoon snack	Bun	60	139	8.4	4.98	49.8
	Milk 3.2%	180	102	3.04	2.71	5.04
	Kefir, ryazhenka, curdled milk	180	90	5.22	4.5	7.2
	Fresh fruits	100	32	0.89	0.196	23.1



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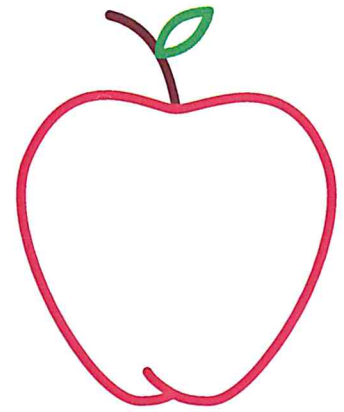
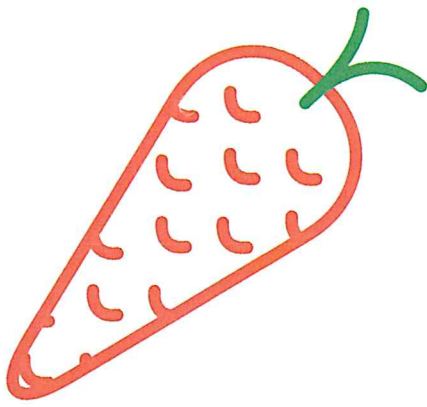
Meals	Day 13					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast						
Breakfast	Dairy porridge	200	194	6	6	28
	Oat pancakes	60	156	10	6	25
	Jam in assortment	10	25.2	0	0	64
	Omelet	80	205	15	14	5
	Cocoa with milk	200	107	2.04	1.77	8.79
Lunch						
Lunch	Weight (kg)	Kcal	Protein	Fats	Carbs	
	Vegetable plate	60	18.6	3	0	5
	Chicken noodle soup	200	154	3	5	7.5
	Baked pumpkin	150	223	5.53	9.16	28.8
	Meatballs in creame sauce	80	182	11	14	15
	Wheat bread	100	70.5	7.9	1	48.3
	Berry compote	200	62.5	0.1	0.04	8.71
Snack						
Afternoon snack	Weight (kg)	Kcal	Protein	Fats	Carbs	
	Chocolate cake with banana	60	255	8.7	8.6	35.9
	Milk 3.2%	180	102	3.04	2.71	5.04
	Kefir, ryazhenka, curdled milk	180	90	5.22	4.5	7.2
	Fresh fruits	100	32	0.89	0.196	23.1



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Meals	Day 14					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast						
Breakfast	Dairy semolina porridge	200	132	8	6	34
	Omelet	80	157	7.52	13.5	1.51
	Toast with cheese	60	139	10.51	15.29	32.36
	Cocoa with milk	200	107	2.04	1.77	8.79
Lunch						
Lunch	Vegetable plate	60	18.6	3	0	5
	White fish and tomato soup	250	75	7.9	3.8	2
	Mashed potatoes	180	205	3.67	5.76	24.5
	Chicken sausages	80	160	14	11	1
	Wheat bread	100	70.5	7.9	1	48.3
	Berry compote	200	62.5	0.1	0.04	8.71
	Snack					
Afternoon snack	Cottage cheese danish	60	180	3.66	4.86	30.48
	Milk 3.2%	180	102	3.04	2.71	5.04
	Kefir, ryazhenka, curdled milk	180	90	5.22	4.5	7.2
	Fresh fruits	100	32	0.89	0.196	23.1



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СОГЛАСОВАНО:
АНО «Международная школа Брукс»
Руководитель АХО

С.В.Саввина

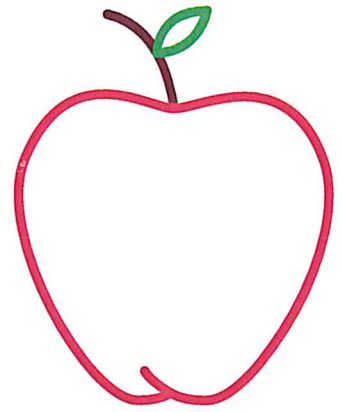
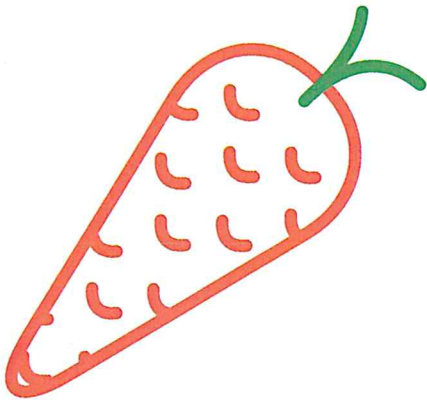


УТВЕРЖДЕНО в производстве:

ООО «Правильная еда»
Зав. Производством

В.А.Мильков

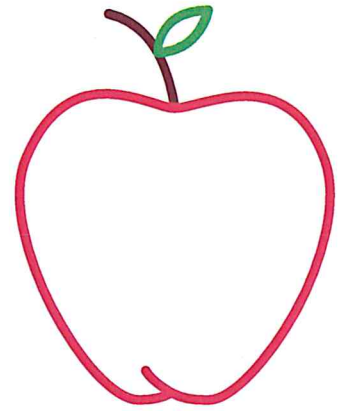
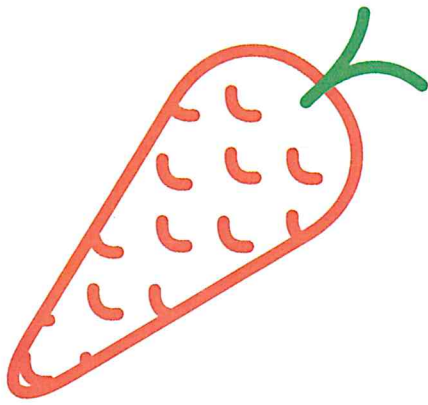
Meals	Day 15		Energy value		Nutrients	
	Meal Weight	Weight (kg)	Kcal	Protein	Fats	Carbs
Breakfast						
Breakfast	Dairy barley porridge	200	164	6	6	22
	Wheat pancakes	60	107	4	3	17
	Jam in assortment	10	25.2	0	0	64
	Parm casserole	80	164	15	8	9
	Cocoa with milk	200	107	2.04	1.77	8.79
Lunch						
Lunch		Weight (kg)	Kcal	Protein	Fats	Carbs
	Vegetable plate	60	18.6	3	0	5
	Lean cabbage soup	250	77	3	5	7.5
	Spaghetti	180	168	3.68	3.01	17.63
	Turkey schnitzel	80	86	21	0	0
	Wheat bread	100	70.5	7.9	1	48.3
	Berry compote	200	62.5	0.1	0.04	8.71



KINDERGARTEN MENU



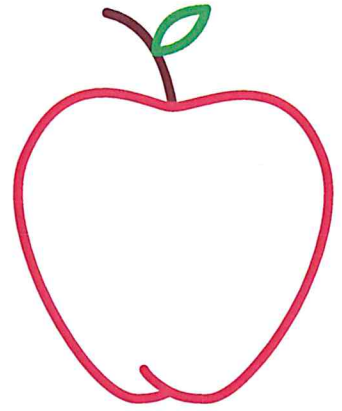
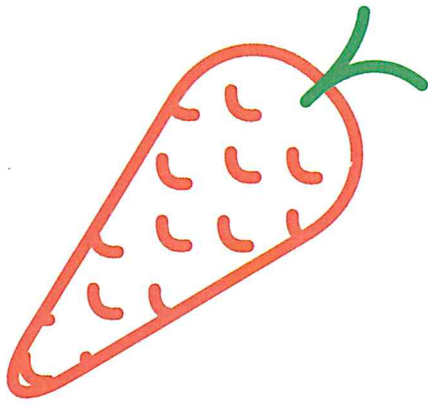
Meals	Day 16					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast						
Breakfast	Dairy porridge	150	132	8	6	34
	Cottage cheese casserole	80	124	8.77	6.3	8.58
	Boiled egg	40	158	12.7	11.5	0.7
	Cocoa with milk	180	107	2.04	1.77	8.79
Lunch						
Lunch	Vegetable plate	60	18.6	3	0	5
	Chicken soup	250	240	17	8	12
	Pasta with oil	180	235	6.5	6.9	36.1
	Beef meatballs	80	195	18	13.6	0
	Wheat bread	100	70.5	7.9	1	48.3
	Berry compote	200	62.5	0.1	0.04	8.71
	Snack					
Afternoon snack	Apple muffin	60	130	4	6	12
	Milk 3.2%	180	102	3.04	2.71	5.04
	Kefir, ryazhenka, curdled milk	180	90	5.22	4.5	7.2
	Fresh fruits	100	32	0.89	0.196	23.1



KINDERGARTEN MENU



Meals	Day 17					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast	Breakfast					
	Dairy porridge 4 grains	200	88	3	3	12
	Frittata with tomatoes and vegetables	80	81	7.2	7.04	2.33
	Creamy casserole	80	131.2	14	7	11
	Cocoa with milk	180	107	2.04	1.77	8.79
Lunch	Lunch					
	Weight (kg)	Kcal	Protein	Fats	Carbs	
	Vegetable plate	60	18.6	3	0	5
	Creamy casserole with peaches	80	131.2	14	7	11
	Boiled rice	180	223	5.53	9.16	28.8
	Chicken teriyaki	80	101	8	5	6
	Wheat bread	100	70.5	7.9	1	48.3
Berry compote	200	62.5	0.1	0.04	8.71	
Afternoon snack	Snack					
	Weight (kg)	Kcal	Protein	Fats	Carbs	
	Raisin muffin	60	374	4.37	18.27	50.43
	Milk 3.2%	180	102	3.04	2.71	5.04
	Kefir, ryazhenka, curdled milk	180	90	5.22	4.5	7.2
Fresh fruits	100	32	0.89	0.196	23.1	



KINDERGARTEN MENU

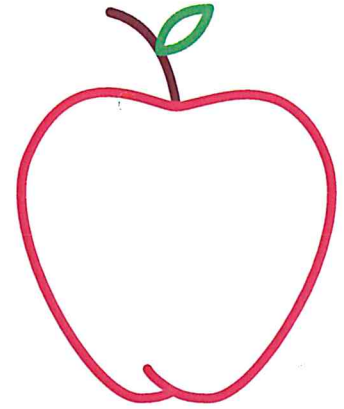
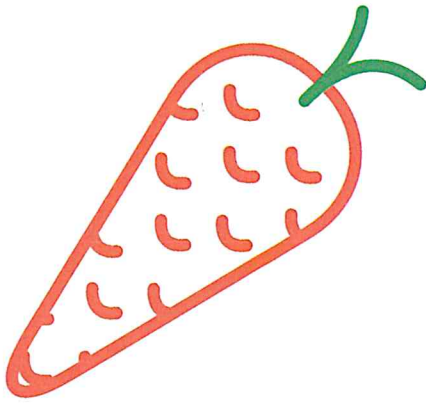


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 Руководитель АХО
 С.В. Сакина



УТВЕРЖДЕНО в производстве:
 ООО «Правильная кухня»
 Зав. Производством:
 В.А. Мильков

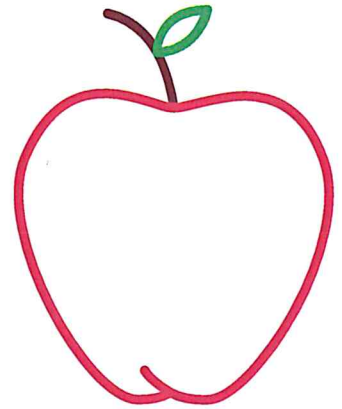
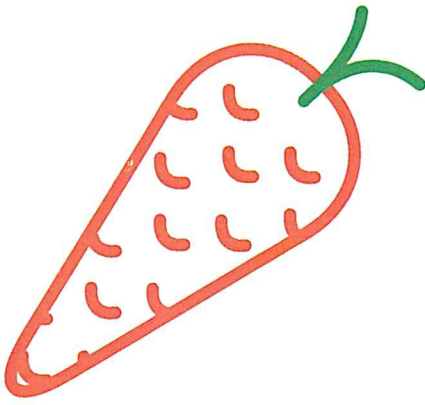
Meals	Day 18					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast						
Breakfast	Dairy corn grits porridge	200	279	4	3	30
	Scramble with cheese	80	92.8	10	8	2
	Baked semolina	80	163	14	7	10
	Cocoa with milk	180	107	2.04	1.77	8.79
Lunch						
Lunch	Weight (kg)	Kcal	Protein	Fats	Carbs	
	Vegetable plate	60	18.6	3	0	5
	Bean soup with croutons	250	240	22	4	20
	Boiled potatoes	180	305	10	6	47
	Turkey cutlet	80	84	17	1	8
	Wheat bread	100	70.5	7.9	1	48.3
	Berry compote	200	62.5	0.1	0.04	8.71
Snack						
Afternoon snack	Weight (kg)	Kcal	Protein	Fats	Carbs	
	Apple pie	60	170	2.5	8	27
	Milk 3.2%	180	102	3.04	2.71	5.04
	Kefir, ryazhenka, curdled milk	180	90	5.22	4.5	7.2
	Fresh fruits	100	32	0.89	0.196	23.1



KINDERGARTEN MENU



Meals	Day 19					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast						
Breakfast	Dairy herculean porridge	200	202	5.1	5	14.3
	Dairy herculean porridge	200	202	5.1	5	14.3
	Jam in assortment	10	25.2	0	0	64
	Omelet	80	157	7.52	13.5	1.51
	Cocoa with milk	180	107	2.04	1.77	8.79
Lunch						
Lunch	Weight (kg)	Kcal	Protein	Fats	Carbs	
	Vegetable plate	60	18.6	3	0	5
	Beef salad with green peas	60	46.3	1.67	4.18	8.2
	Chicken soup	250	164	16	4	12
	Mashed potatoes	180	205	3.67	5.76	24.5
	Steamed turkey	80	85	21	0	0
	Wheat bread	100	70.5	7.9	1	48.3
	Rosehip drink	200	85	0	0	20



KINDERGARTEN MENU



Meals	Day 20					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast						
Breakfast	Dairy porridge	200	148.5	3	3	14
	Parm casserole	80	164	15	8	9
	Omelet	80	157	7.52	13.5	1.51
	Cocoa with milk	180	107	2.04	1.77	8.79
Lunch						
Lunch	Weight (kg)	Kcal	Protein	Fats	Carbs	
	Vegetable plate	60	18.6	3	0	5
	Potato soup	200	67.3	0.66	2.24	3.66
	Boiled bulgur	150	83	3.08	0.24	14.8
	Breaded fish sticks	80	122	14	9	8
	Wheat bread	100	70.5	7.9	1	48.3
	Berry compote	200	62.5	0.1	0.04	8.71
Snack						
Afternoon snack	Weight (kg)	Kcal	Protein	Fats	Carbs	
	Carrot cake with cinnamon and raisins	60	164	5	6	35
	Milk 3.2%	180	102	3.04	2.71	5.04
	Kefir, ryazhenka, curdled milk	180	90	5.22	4.5	7.2
Fresh fruits	100	32	0.89	0.196	23.1	