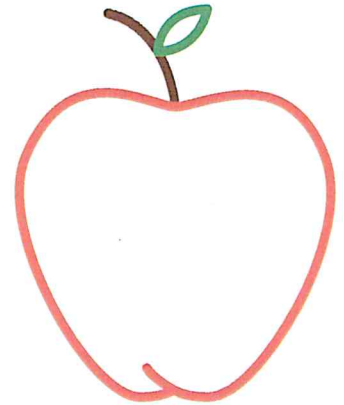
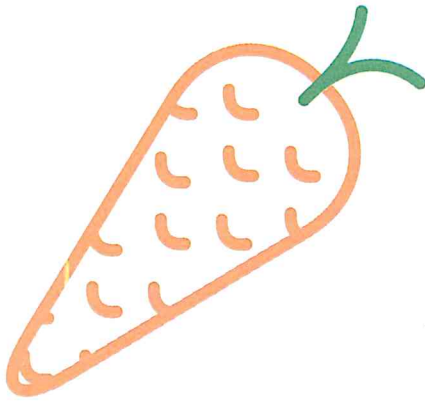


SCHOOL MENU

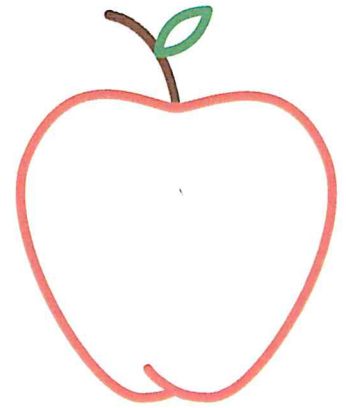
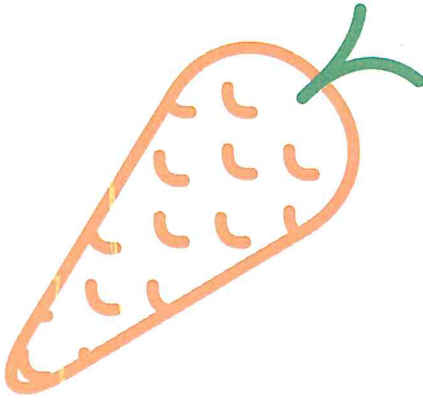


Meals	Day 1					
	Meal Weight	Energy value		Nutrients		
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast						
Dairy herculean porridge	200	202	5.1	5	14.3	
Non dairy porridge 4 cereals	200	86	3	1	18	
Cheese toast	60	139	10.51	15.29	32.36	
Semolina casserole	80	163	14	7	10	
Boiled egg	40	158	12.7	11.5	0.7	
String beans with steamed mini carrots	80	60	2	1	5	
Curd dessert	60	142	15	8	8	
Vegetable plate	60	18.6	3	0	5	
Fresh fruits	100	32	0.89	0.196	23.1	
Condensed milk	20	77	7.2	8.5	55	
Jam in assortment	10	25.2	0	0	64	
Cocoa with milk	200	107	2.04	1.77	8.79	
Tea (black \ green) without sugar	200	2.8	0.4	0.1	0.08	
Lunch						
Salad						
Fresh cabbage salad with apple and carrot	60	54	0.9	3	5.9	
Vegetable plate	60	18.6	3	0	5	
Bean pate	30	48	1.7	0.5	14	
Riet vegetable (baked)	30	25	0.8	0.3	5	
Hummus chickpeas	30	45	2.5	0	16.5	
Fresh fruits	100	32	0.89	0.196	23.1	
Wheat bread	30	70.5	7.9	1	48.3	
Rye bread	30	43.5	6.6	1.2	33.4	
Soup						
Chicken soup with rice	250	154	3	5	7.5	
Vegetable soup with peas and tomato	250	53	2	0	6	
Hot dishes						
Turkey nuggets	80	179	18	3	26	
Chicken outlet	80	126.4	22	1	14	
Beef stroganoff	80	137.6	12	12	4	
Garnish						
Cous cous	180	376	12.76	0.64	77.43	
Pasta with butter	180	235	6.5	6.9	36.1	
Baked vegetables	180	107	3.4	1.4	18.7	
Beverages						
Carcade drink	200	20.95	0.3	0	0.6	
Berry compote	200	62.5	0.1	0.04	8.71	
Water	200	0.5	0	0	0	
Tea (black\green) without sugar	200	2.8	0.4	0.1	0.08	
Afternoon snack						
Snack						
Shortbread bar with cottage cheese and granola	60	156	6	5	8	
Fresh fruits	100	32	0.89	0.196	23.1	
Milk 3.2%	180	102	3.04	2.71	5.04	
Kefir, ryazhenka, curdled milk	180	90	5.22	4.5	7.2	



SCHOOL MENU

Meals	Day 2					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast						
	Dairy buckwheat porridge	200	94.3	2.9	2.2	15.9
	Non dairy barley porridge	200	110	4	0	24
	Pancakes	60	107	4	3	3.56
	Cottage cheese casserole with peaches	80	131.2	14	7	11
	Omelet	80	157	7.52	13.5	1.51
	Steamed broccoli	50	19.5	9.3	0	3
	Curd dessert	60	142	15	8	8
	Vegetable plate	60	18.6	3	0	5
	Fresh fruits	100	32	0.89	0.196	23.1
	Condensed milk	20	77	7.2	8.5	55
	Jam in assortment	10	25.2	0	0	64
	Cocoa with milk	200	107	2.04	1.77	8.79
	Tea (black \ green) without sugar	200	2.8	0.4	0.1	0.08
Lunch						
	Lunch					
	Salad					
	Greek salad	60	91	1	8	3
	Vegetable plate	60	18.6	3	0	5
	Bean pate	30	48	1.7	0.5	14
	Riet vegetable (baked)	30	25	0.8	0.3	5
	Hummus chickpeas	30	45	2.5	0	16.5
	Fresh fruits	100	32	0.89	0.196	23.1
	Wheat bread	30	70.5	7.9	1	48.3
	Rye bread	30	43.5	6.6	1.2	33.4
	Soup					
	Borscht with meat	250	128	3.96	2.91	5.49
	Broccoli cream soup	250	136	5	2.5	22.5
	Hot dishes					
	Chicken skewers	80	112.8	29	2	1
	Turkey cutlet	80	84	17	1	8
	Fish in sweet and sour sauce	80	125	10	3	14
	Garnish					
	Rice	180	252	4.37	6.44	44
	Baked country-style potatoes	180	275	3	10	35
	Falafel	180	0	0	0	0
	Beverages					
	Dried fruits compote	200	70	0	0	8
	Berry compote	200	62.5	0.1	0.04	8.71
	Water	200	0.5	0	0	0
	Tea (black\green) without sugar	200	2.8	0.4	0.1	0.08
Afternoon snack						
	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



SCHOOL MENU

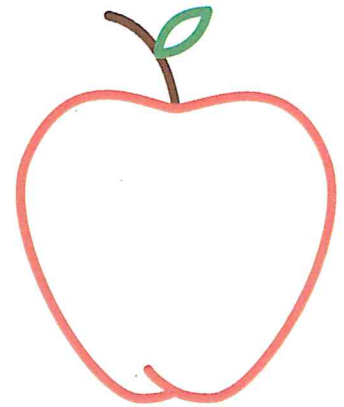
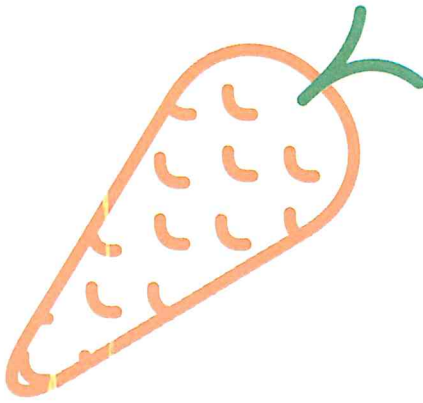


СОГЛАСОВАНО:
 АНО Международная школа Брукс
 Руководитель АХО
 С.В. Сапкина



УТВЕРЖДЕНО для производства:
 ООО «Правильная Кухня»
 Зав. Производства
 В.В. Мильков

Meals	Day 3						
	Meal Weight	Energy value	Nutrients				
	Weight (kg)	Kcal	Protein	Fats	Carbs		
Breakfast							
Breakfast	Dairy porridge	200	194	6	6	28	
	Non dairy herculean porridge	200	142	4	2	26	
	Oat pancakes	60	156	10	6	25	
	Carrot casserole with cottage cheese	80	180	7.89	8.56	12.9	
	Omelet with green peas	80	205	15	14	5	
	Breaded cauliflower	50	84	4	1	11	
	Curd dessert	60	142	15	8	8	
	Vegetable plate	60	18.6	3	0	5	
	Fresh fruits	100	32	0.89	0.196	23.1	
	Condensed milk	20	77	7.2	8.5	55	
	Jam in assortment	10	25.2	0	0	64	
	Cocoa with milk	200	107	2.04	1.77	8.79	
	Tea (black & green) without sugar	200	2.8	0.4	0.1	0.08	
	Lunch						
Salad							
Lunch	Salad vinaigrette	60	67	2	1	13	
	Vegetable plate	60	18.6	3	0	5	
	Bean pate	30	48	1.7	0.5	14	
	Riet vegetable (baked)	30	25	0.8	0.3	5	
	Hummus chickpeas	30	45	2.5	0	16.5	
	Fresh fruits	100	32	0.89	0.196	23.1	
	Wheat bread	30	70.5	7.9	1	48.3	
	Rye bread	30	43.5	6.6	1.2	33.4	
	Soup						
	Spinach soup	250	164	8	4	16	
	Bean soup with chicken	250	183	8	2	26	
	Hot dishes						
	Steamed chicken fillet	80	114	18	13.6	0	
	Meatballs in creame sauce	80	182	11	14	15	
Turkey stew with vegetables	80	99	8	5	6		
Garnish							
Buckwheat porridge	180	223	5.53	9.16	28.8		
Potato "Dauphine"	180	206	4	6	25		
Baked pumpkin	180	96	2	2	16		
Beverages							
Orange compote	200	34	0	0	8		
Berry compote	200	62.5	0.1	0.04	8.71		
Water	200	0.5	0	0	0		
Tea (black/green) without sugar	200	2.8	0.4	0.1	0.08		
Snack							
Afternoon snack	Cottage cheese ring with sunflower and flax seeds	60	106	11	6	0	
	Milk 3.2%	180	102	3.04	2.71	5.04	
	Kefir, ryazhenka, curdled milk	180	90	5.22	4.5	7.2	



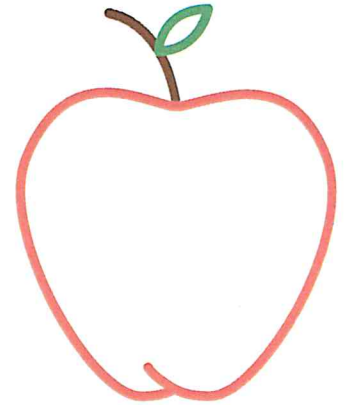
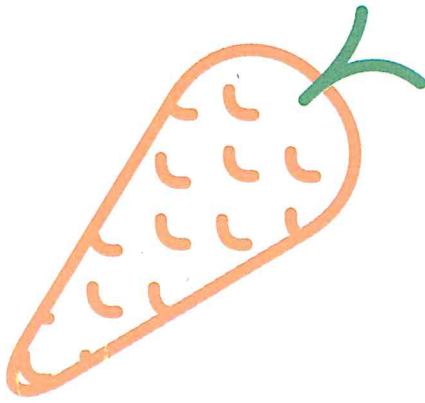
СОГЛАСОВАНО:
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 Руководитель АНО
 С.В. Сапкина



УТВЕРЖЕНО в производстве:
 ООО «Правильная кухня»
 Зав. Производства
 В.А. Мильков

SCHOOL MENU

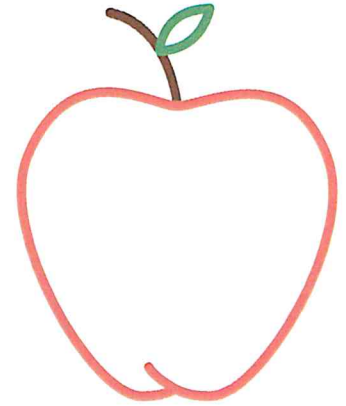
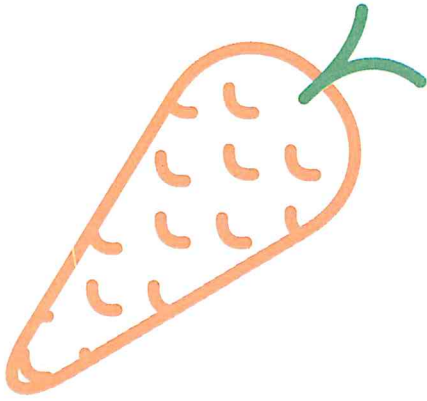
Meals	Day 4					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast	Breakfast					
	Dairy semolina porridge	200	132	8	6	34
	Non dairy millet porridge with pumpkin	200	120	4	2	22
	Egg toast	60	214	9.3	5.3	18
	Dumplings	80	166	11.7	8.27	11.3
	Omelet with cheese	80	228	17	16	4
	Steamed vegetables	50	73.2	1.89	2.62	4.9
	Curd dessert	60	142	15	8	8
	Vegetable plate	60	18.6	3	0	5
	Fresh fruits	100	32	0.89	0.196	23.1
	Condensed milk	20	77	7.2	8.5	55
	Jam in assortment	10	25.2	0	0	64
	Cocoa with milk	200	107	2.04	1.77	8.79
	Tea (black & green) without sugar	200	2.8	0.4	0.1	0.08
	Lunch	Lunch				
Salad						
Salad with grated carrots and apple		60	24	1	2	4
Vegetable plate		60	18.6	3	0	5
Bean pate		30	48	1.7	0.5	14
Riet vegetable (baked)		30	25	0.8	0.3	5
Hummus chickpeas		30	45	2.5	0	16.5
Fresh fruits		100	32	0.89	0.196	23.1
Wheat bread		30	70.5	7.9	1	48.3
Rye bread		30	43.5	6.6	1.2	33.4
Soup						
White fish and tomato soup		250	75	7.9	3.8	2
Minestrone soup		250	50	2.5	2.5	7.5
Hot dishes						
Chicken sausages		80	160	14	11	1
Fish cutlets		80	117	14.28	7.61	5.21
Turkey in cream sauce		80	104	12	5	4
Garnish						
Mashed potatoes		180	205	3.67	5.76	24.5
Thai rice		180	230	6	4	10
Ratatouille		180	0	0	0	0
Beverages						
Apple compote with lemon		200	103	25	0	0
Berry compote	200	62.5	0.1	0.04	8.71	
Water	200	0.5	0	0	0	
Tea (black/green) without sugar	200	2.8	0.4	0.1	0.08	
Afternoon snack	Snack					
	Pizza Marganta	60	130	6	4	18
	Milk 3.2%	180	102	3.04	2.71	5.04
	Kefir, ryazhenka, curdled milk	180	90	5.22	4.5	7.2



SCHOOL MENU



Meals	Day 5		Meal Weight	Energy value	Nutrients		
			Weight (kg)	Kcal	Protein	Fats	Carbs
Breakfast	Breakfast						
	Dairy barley porridge		200	164	6	6	22
	Nondairy rice porridge with pear		200	136	2	0	32
	Wheat pancakes		60	107	4	3	17
	Parm casserole		80	164	15	8	9
	Omelet with ham		80	110	9	7	2
	Potato hash brown		50	76	1	3.2	10
	Curd dessert		60	142	15	8	8
	Vegetable plate		50	73.2	1.89	2.62	4.9
	Fresh fruits		100	32	0.89	0.196	23.1
	Condensed milk		20	77	7.2	8.5	55
	Jam in assortment		10	25.2	0	0	64
	Cocoa with milk		200	107	2.04	1.77	8.79
	Tea (black & green) without sugar		200	2.8	0.4	0.1	0.08
Lunch	Lunch						
	Salad		Weight (kg)	Kcal	Protein	Fats	Carbs
	Caesar salad		60	48.6	1	7	3
	Vegetable plate		60	18.6	3	0	5
	Bean pate		30	48	1.7	0.5	14
	Riet vegetable (baked)		30	25	0.8	0.3	5
	Hummus chickpeas		30	45	2.5	0	16.5
	Fresh fruits		100	32	0.89	0.196	23.1
	Wheat bread		30	70.5	7.9	1	48.3
	Rye bread		30	43.5	6.6	1.2	33.4
	Soup						
	Cheese soup with chicken		250	189	4	6	5
	Lean cabbage soup		250	77	3	5	7.5
	Hot dishes						
	Turkey schnitzel		80	86	21	0	0
	Steamed chicken		80	126.4	22	1	14
	Bolognese sauce		80	128	14	2	12
	Garnish						
	Cous cous		180	376	12.76	0.64	77.43
	Spaghetti		180	168	3.68	3.01	17.63
	Vegetable lasagna		180	198	2	0	24
	Beverages		Weight (kg)	Kcal	Protein	Fats	Carbs
Rosehip drink		200	43	0	0	10	
Berry compote		200	62.5	0.1	0.04	8.71	
Water		200	0.5	0	0	0	
Tea (black/green) without sugar		200	2.8	0.4	0.1	0.08	



SCHOOL MENU

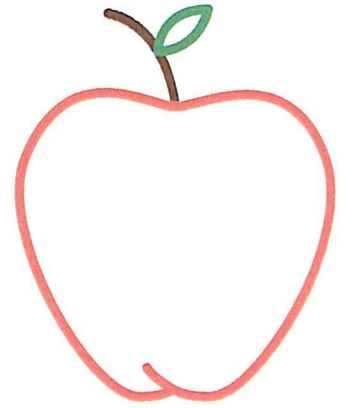
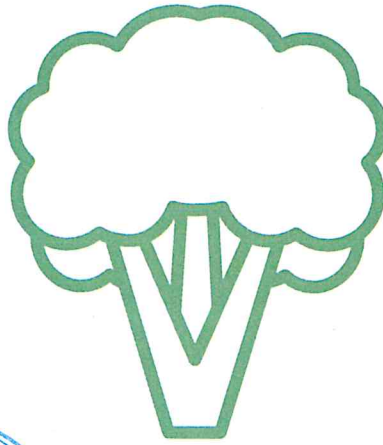
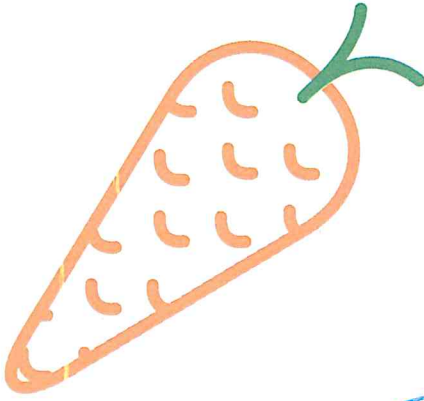
СОГЛАСОВАНО:
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 Руководитель АХО

С.В. Савакин

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

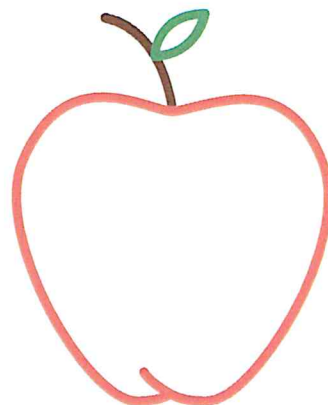
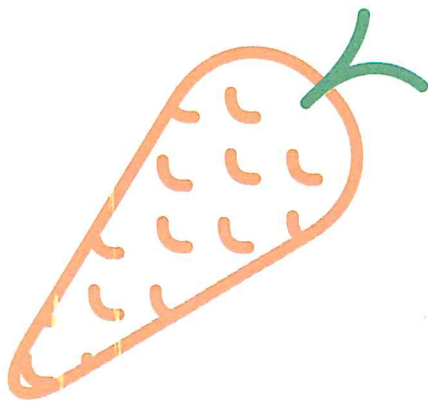
В.А. Мильков

Meals	Day 6						
	Meal Weight	Energy value	Nutrients				
	Weight (kg)	Kcal	Protein	Fats	Carbs		
Breakfast							
Breakfast	Dairy porridge	200	132	8	6	34	
	Non dairy porridge with pumpkin	200	120	4	2	22	
	Toast with cheese	60	139	10.51	15.29	32.36	
	Cottage cheese casserole	80	124	8.77	6.3	8.58	
	Boiled egg	80	158	12.7	11.5	0.7	
	Steamed vegetables	50	73.2	1.89	2.62	4.9	
	Curd dessert	60	142	15	8	8	
	Vegetable plate	50	73.2	1.89	2.62	4.9	
	Fresh fruits	100	32	0.89	0.196	23.1	
	Condensed milk	20	77	7.2	8.5	55	
	Jam in assortment	10	25.2	0	0	64	
	Cocoa with milk	200	107	2.04	1.77	8.79	
	Tea (black & green) without sugar	200	2.8	0.4	0.1	0.08	
	Lunch						
Salad							
Lunch	Cucumber salad with apple and carrots	60	76.2	4	7	13	
	Vegetable plate	60	18.6	3	0	5	
	Bean pate	30	48	1.7	0.5	14	
	Riet vegetable (baked)	30	25	0.8	0.3	5	
	Hummus chickpeas	30	45	2.5	0	16.5	
	Fresh fruits	100	32	0.89	0.196	23.1	
	Wheat bread	30	70.5	7.9	1	48.3	
	Rye bread	30	43.5	6.6	1.2	33.4	
	Soup						
	Chicken cream soup	250	240	17	8	12	
	Spinach soup	250	190	2.5	2.5	15	
	Hot dishes						
	Baked chicken fillet	80	115	21	3	1	
	Beef meatballs	80	195	18	13.6	0	
	Turkey in tomato sauce	80	101	8	5	6	
	Garnishes						
	Buckwheat porridge	180	223	5.53	9.16	28.8	
	Pasta with oil	180	235	6.5	6.9	36.1	
	Stewed cabbage	180	150	5	5	20	
	Beverages						
Carcade drink	200	20.92	0.3	0	0.6		
Berry compote	200	62.5	0.1	0.04	8.71		
Water	200	0.5	0	0	0		
Tea (black/green) without sugar	200	2.8	0.4	0.1	0.08		
Afternoon snack							
Snack							
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		



SCHOOL MENU

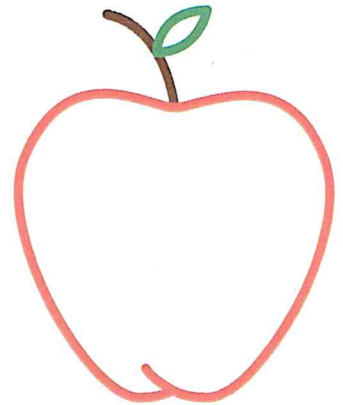
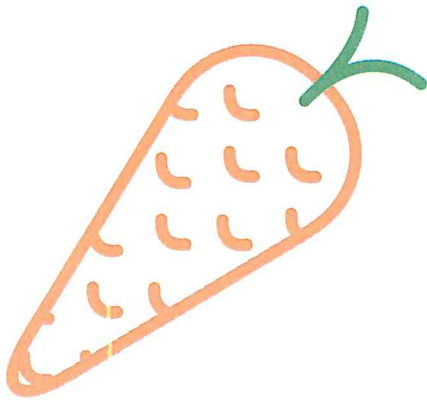
Meals	Day 7					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast						
Breakfast	Dairy porridge 4 grains	200	88	3	3	12
	Non dairy oatmeal porridge	200	71	2	1	13
	Chicken sausages	60	135	12	10	1
	Creamy casserole with peaches	80	131.2	14	7	11
	Frittata with tomatoes and vegetables	80	81	7.2	7.04	2.33
	Cauliflower with green beans	50	74	3	3	8
	Curd dessert	60	142	15	8	8
	Vegetable plate	60	18.6	3	0	5
	Fresh fruits	100	32	0.89	0.196	23.1
	Condensed milk	20	77	7.2	8.5	55
	Jam in assortment	10	25.2	0	0	64
	Cocoa with milk	200	107	2.04	1.77	8.79
	Tea (black \ green) without sugar	200	2.8	0.4	0.1	0.08
	Lunch					
Lunch	Salad					
	Weight (kg) Kcal Protein Fats Carbs					
	Salad with tomatoes, mozzarella	60	76.2	4	7	13
	Vegetable plate	60	18.6	3	0	5
	Bean pate	30	48	1.7	0.5	14
	Riet vegetable (baked)	30	25	0.8	0.3	5
	Hummus chickpeas	30	45	2.5	0	16.5
	Fresh fruits	100	32	0.89	0.196	23.1
	Wheat bread	30	70.5	7.9	1	48.3
	Rye bread	30	43.5	6.6	1.2	33.4
	Soup					
	Fresh cabbage soup	250	240	17	8	12
	Pumpkin cream-soup	250	190	2.5	2.5	15
	Hot dishes					
	Turkey meatballs with cheese	80	115	21	3	1
	Fried cod	80	195	18	13.6	0
	Chicken teriyaki	80	101	8	5	6
	Garnishes					
	Boiled rice	180	223	5.53	9.16	28.8
	Baked potatoes	180	235	6.5	6.9	36.1
	Vegetable sauté	180	150	5	5	20
	Beverages					
	Dried fruit compote	200	20.92	0.3	0	0.6
Berry compote	200	62.5	0.1	0.04	8.71	
Water	200	0.5	0	0	0	
Tea (black/green) without sugar	200	2.8	0.4	0.1	0.08	
Afternoon snack						
Afternoon snack	Weight (kg) Kcal Protein Fats Carbs					
	Estonian pastry with cheese and pumpkin seeds	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	



SCHOOL MENU



Meals	Day 8					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast						
Breakfast	Dairy corn grits porridge	200	279	4	3	30
	Non dairy barley porridge	200	110	4	0	24
	Pancakes	60	107	4	3	17
	Baked semolina	80	163	14	7	10
	Scramble with cheese	80	92.8	10	8	2
	Baked vegetables	50	107	3.4	1.4	18.7
	Curd dessert	60	142	15	8	8
	Vegetable plate	60	18.6	3	0	5
	Fresh fruits	100	32	0.89	0.196	23.1
	Condensed milk	20	77	7.2	8.5	55
	Jam in assortment	10	25.2	0	0	64
	Cocoa with milk	200	107	2.04	1.77	8.79
	Tea (black \ green) without sugar	200	2.8	0.4	0.1	0.08
Lunch						
Lunch	Salad					
	Fresh cabbage salad with apples and carrots	60	54	0.9	3	5.9
	Vegetable plate	60	18.6	3	0	5
	Bean pate	30	48	1.7	0.5	14
	Riet vegetable (baked)	30	25	0.8	0.3	5
	Hummus chickpeas	30	45	2.5	0	16.5
	Fresh fruits	100	32	0.89	0.196	23.1
	Wheat bread	30	70.5	7.9	1	48.3
	Rye bread	30	43.5	6.6	1.2	33.4
	Soup					
	Bean soup with croutons	250	240	22	4	20
	Vegetable soup	250	42	1	0	3
	Hot dishes					
	Chicken pilaf	80	193	18.4	16.9	30.6
	Turkey cutlet	80	84	17	1	8
	Beef stew with carrots	80	136	10	12	5
	Garnishes					
	Boiled potatoes	180	305	10	6	47
	Polenta	180	85.2	4.2	3.3	10.4
	Lentil meatballs	180	195	7	2	22
	Beverages					
	Orange compote	200	34	0	0	8
	Berry compote	200	62.5	0.1	0.04	8.71
Water	200	0.5	0	0	0	
Tea (black\green) without sugar	200	2.8	0.4	0.1	0.08	
Afternoon snack						
Afternoon snack	Snack					
	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	



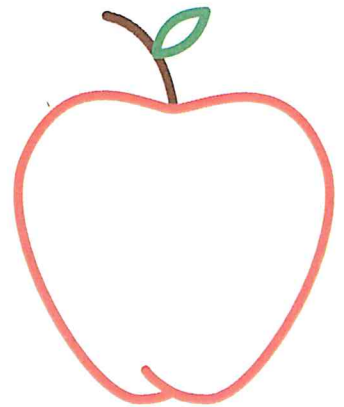
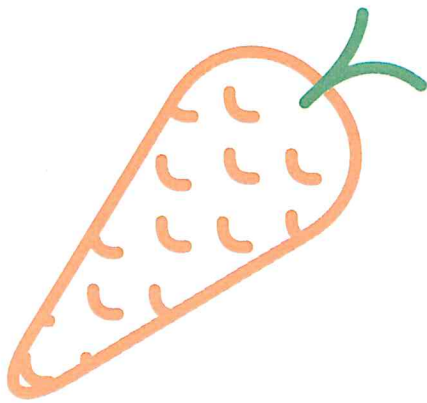
СОГЛАСОВАНО:
 АНО «Международная школа Брукс»
 Руководитель АХО
 С.В. Саавкина



УТВЕРЖДЕНО в производстве:
 ООО «Правильная кухня»
 Зам. Производителя
 М.В. Митюков

SCHOOL MENU

Meals	Day 9		Energy value		Nutrients		
	Meal Weight		Kcal	Protein	Fats	Carbs	
	Weight (kg)						
	Breakfast						
Breakfast	Dairy porridge	200	122	4	5	16	
	Non dairy porridge 4 cereals with pumpkin	200	86	3	1	18	
	Wheat pancakes	60	104	5	2.5	15	
	Rice pudding	80	155	3	4.5	26.4	
	Omelet	80	157	7.52	13.5	1.51	
	Green beans in tomato sauce	50	85.2	4.2	3.3	10.4	
	Curd dessert	60	142	15	8	8	
	Vegetable plate	60	18.6	3	0	5	
	Fresh fruits	100	32	0.89	0.196	23.1	
	Condensed milk	20	77	7.2	8.5	55	
	Jam in assortment	10	25.2	0	0	64	
	Cocoa with milk	200	107	2.04	1.77	8.79	
	Tea (black \ green) without sugar	200	2.8	0.4	0.1	0.08	
	Lunch						
	Salad						
Lunch	Olivier salad	60	46.3	1.67	4.18	8.2	
	Vegetable plate	60	18.6	3	0	5	
	Bean pate	30	48	1.7	0.5	14	
	Riet vegetable (baked)	30	25	0.8	0.3	5	
	Hummus chickpeas	30	45	2.5	0	16.5	
	Fresh fruits	100	32	0.89	0.196	23.1	
	Wheat bread	30	70.5	7.9	1	48.3	
	Rye bread	30	43.5	6.6	1.2	33.4	
		Soup					
	Norwegian soup with red fish	250	75	7.9	3.8	2	
	Ministrone soup	250	50	2.5	2.5	7.5	
		Hot dishes					
	Breaded fish sticks	80	122	14	9	8	
	Dumplings	80	139	16	6.9	2.3	
	Turkey fricassee with vegetables	80	118	11	6	4	
		Garnishes					
	Baked country-style potatoes	180	194	3	10	35	
Boiled buriug	180	83	3.08	0.24	14.8		
Grilled vegetables	180	136	5	0	18		
	Beverages						
Apple compote with lemon	200	103	25	0	0		
Berry compote	200	62.5	0.1	0.04	8.71		
Water	200	0.5	0	0	0		
Tea (black\green) without sugar	200	2.8	0.4	0.1	0.08		
	Afternoon snack						
	Snack						
Afternoon snack	Pizza Marganta	60	130	6	4	18	
	Fresh fruits	100	32	0.89	0.196	23.1	
	Milk 3.2%	180	102	3.04	2.71	5.04	
	Kefir, ryazhenka, curdled milk	180	90	5.22	4.5	7.2	



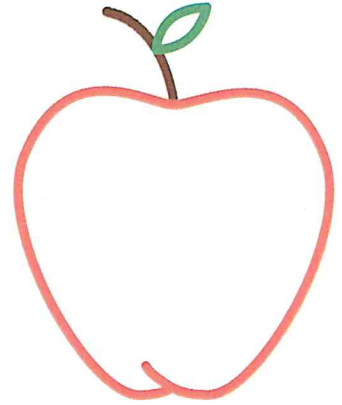
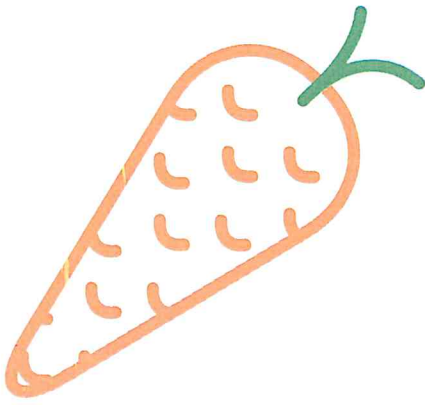
СОГЛАСОВАНО:
 АНО Международная школа Брукс
 Руководитель АНО
 С.В. Савкина



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

SCHOOL MENU

Meals	Day 10					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast						
Dairy porridge	200	148.5	3	3	14	
Non dairy rice porridge with pears	200	136	2	0	32	
Dumplings with potatoes	60	117	8.5	2.2	15.1	
Parm casserole	80	164	15	8	9	
Omelet with ham	80	110	9	7	2	
Potato hash brown	50	76	1	3.2	10	
Curd dessert	60	142	15	8	8	
Vegetable plate	60	18.6	3	0	5	
Fresh fruits	100	32	0.89	0.196	23.1	
Condensed milk	20	77	7.2	8.5	55	
Jam in assortment	10	25.2	0	0	64	
Cocoa with milk	200	107	2.04	1.77	8.79	
Tea (black \ green) without sugar	200	2.8	0.4	0.1	0.08	
Lunch						
Salad						
Beet salad with green peas	60	46.3	1.67	4.18	8.2	
Vegetable plate	60	18.6	3	0	5	
Bean pate	30	48	1.7	0.5	14	
Riet vegetable (baked)	30	25	0.8	0.3	5	
Hummus chickpeas	30	45	2.5	0	16.5	
Fresh fruits	100	32	0.89	0.196	23.1	
Wheat bread	30	70.5	7.9	1	48.3	
Rye bread	30	43.5	6.6	1.2	33.4	
Soup						
Chicken soup	250	164	16	4	12	
Vegetable cream soup	250	59	2	3	6	
Garnishes						
Steamed turkey	80	86	21	0	0	
Meat lasagna	80	136	7	8	8	
Chicken in tomato sauce	80	127	13	6	7	
Hot dishes						
Mashed potatoes	180	205	3.67	5.76	24.5	
Buckwheat porridge	180	223	5.53	9.16	28.8	
Baked vegetables	180	107	3.4	1.4	18.7	
Beverage						
Rosehip drink	200	86	0	0	20	
Berry compote	200	62.5	0.1	0.04	8.71	
Water	200	0.5	0	0	0	
Tea (black\green) without sugar	200	2.8	0.4	0.1	0.08	



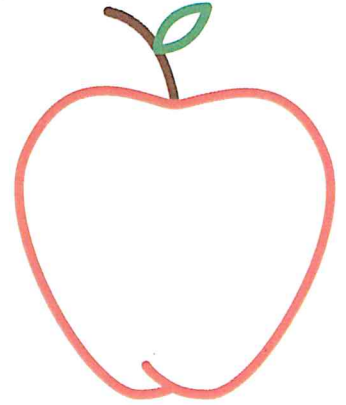
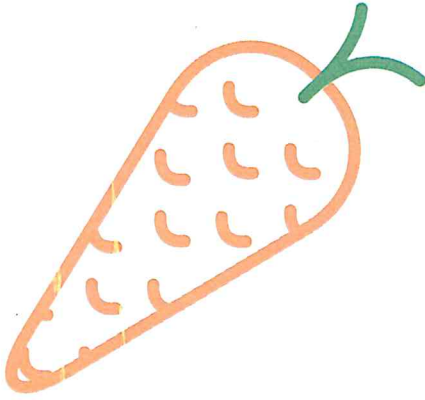
СОГЛАСОВАНО:
 АНО Международная школа Брукс
 Руководитель АНО
 С.В. Савкина



УТВЕРЖДЕНО в производстве:
 ООО «Правильная Кухня»
 Зав. Производства
 В.А. Жильков

SCHOOL MENU

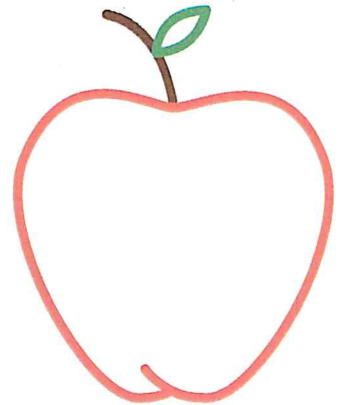
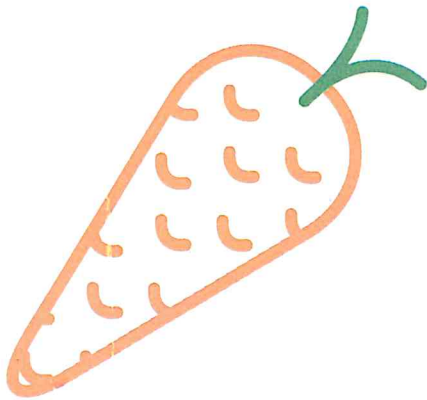
Meals	Day 11					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast						
	Dairy corn grits porridge	200	279	4	3	30
	Non dairy barley porridge	200	110	4	0	24
	Toast with cheese	60	139	10.51	15.29	32.36
	Baked semolina	80	163	14	7	10
	Boiled egg	40	158	12.7	11.5	0.7
	Steamed string beans with mini carrots	80	60	2	1	18.7
	Curd dessert	60	142	15	8	8
	Vegetable plate	60	18.6	3	0	5
	Fresh fruits	100	32	0.89	0.196	23.1
	Condensed milk	20	77	7.2	8.5	55
	Jam in assortment	10	25.2	0	0	64
	Cocoa with milk	200	107	2.04	1.77	8.79
	Tea (black / green) without sugar	200	2.8	0.4	0.1	0.08
Lunch						
	Salad					
	Fresh cabbage salad with apples and carrots	60	54	0.9	3	5.9
	Vegetable plate	60	18.6	3	0	5
	Bean pate	30	48	1.7	0.5	14
	Riet vegetable (baked)	30	25	0.8	0.3	5
	Hummus chickpeas	30	46	2.5	0	16.5
	Fresh fruits	100	32	0.89	0.196	23.1
	Wheat bread	30	70.5	7.9	1	48.3
	Rye bread	30	43.5	6.6	1.2	33.4
	Soup					
	Potato soup with meatballs	250	164	8	4	16
	Vegetable soup	250	42	1	0	3
	Hot dishes					
	Turkey nuggets	80	193	18.4	16.9	30.6
	Turkey cutlet	80	84	17	1	8
	Beef stew with carrots	80	136	10	12	5
	Garnishes					
	Boiled potatoes	180	305	10	6	47
	Pasta with oil	180	235	6.5	6.9	36.1
	Zucchini pancakes	180	0	0	0	0
	Beverages					
	Carcade drink	200	0.3	0	0	0.6
	Berry compote	200	62.5	0.1	0.04	8.71
	Water	200	0.5	0	0	0
	Tea (black / green) without sugar	200	2.8	0.4	0.1	0.08
Afternoon snack						
	Snack					
	Carrot cake	60	0	0	0	0
	Fresh fruits	100	32	0.89	0.196	23.1
	Milk 3.2%	180	102	3.04	2.71	5.04
	Kefir, ryazhenka, curdled milk	180	90	5.22	4.5	7.2



SCHOOL MENU



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
		Non dairy barley porridge	200	110	4	0	24
		Country style soufflé	60	113	6.1	8.25	3.56
		Cottage cheese casserole with peaches	80	131.2	14	7	11
		Omelet	80	157	7.52	13.5	1.51
		Steamed broccoli	50	19.5	9.3	0	3
		Curd dessert	60	142	15	8	8
		Vegetable plate	60	18.6	3	0	5
		Fresh fruits	100	32	0.89	0.196	23.1
		Condensed milk	20	77	7.2	8.5	55
		Jam in assortment	10	25.2	0	0	64
		Cocoa with milk	200	107	2.04	1.77	8.79
		Tea (black \ green) without sugar	200	2.8	0.4	0.1	0.08
Lunch	Lunch						
	Salad		Weight (kg)	Kcal	Protein	Fats	Carbs
		Greek salad	60	91	1	8	3
		Vegetable plate	60	18.6	3	0	5
		Bean pate	30	48	1.7	0.5	14
		Riet vegetable (baked)	30	25	0.8	0.3	5
		Hummus chickpeas	30	45	2.5	0	16.5
		Fresh fruits	100	32	0.89	0.196	23.1
		Wheat bread	30	70.5	7.9	1	48.3
		Rye bread	30	43.5	6.6	1.2	33.4
	Soup						
		Borscht with meat	250	128	3.96	2.91	5.49
		Broccoli cream soup	250	136	5	2.5	22.5
	Hot dishes						
		Chicken skewers	80	112.8	29	2	1
		Steamed turkey meatballs	80	194	11.9	15.8	10.1
		Poached fish with vegetables	80	125	10	3	14
	Garnish						
		Rice	180	252	4.37	6.44	44
		Baked country-style potatoes	180	275	3	10	35
		Vegetable stew with chickpeas	180	0	0	0	0
	Beverages						
		Dried fruits compote	200	70	0	0	8
	Berry compote	200	62.5	0.1	0.04	8.71	
	Water	200	0.5	0	0	0	
	Tea (black\green) without sugar	200	2.8	0.4	0.1	0.08	
Afternoon snack	Snack		Weight (kg)	Kcal	Protein	Fats	Carbs
		Bun	60	139	8.4	4.98	49.8
		Fresh fruits	100	32	0.89	0.196	23.1
		Milk 3.2%	180	102	3.04	2.71	5.04
		Kefir, ryazhenka, curdled milk	180	90	5.22	4.5	7.2



SCHOOL MENU

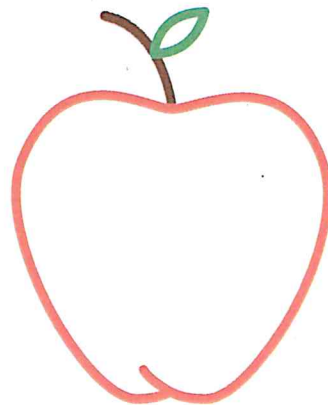
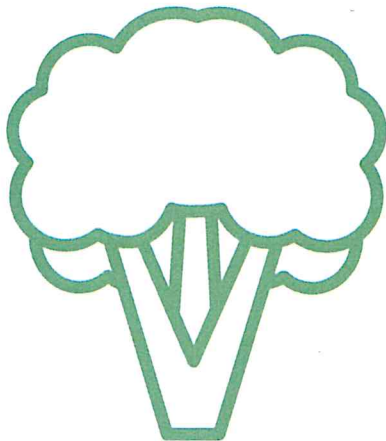
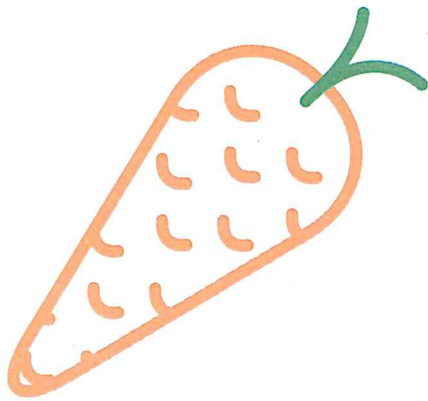


СОГЛАСОВАНО:
АНО «Международная школа Брукс»
Руководитель АХО
С.В. Савкина



УТВЕРЖДЕНО в производстве:
ООО «Граничная Булочная
Зав. Производством
В.А. Мильков

Meals	Day 13		Energy value		Nutrients		
	Meal Weight	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast							
Breakfast	Dairy porridge	200	194	6	6	28	
	Non dairy herculean porridge	200	142	4	2	26	
	Oat pancakes	60	156	10	6	25	
	Carrot casserole with cottage cheese	80	180	7.89	8.56	12.9	
	Omelet with green peas	80	205	15	14	5	
	Breaded cauliflower	50	84	4	1	11	
	Curd dessert	60	142	15	8	8	
	Vegetable plate	60	18.6	3	0	5	
	Fresh fruits	100	32	0.89	0.196	23.1	
	Condensed milk	20	77	7.2	8.5	55	
	Jam in assortment	10	25.2	0	0	64	
	Cocoa with milk	200	10.7	2.04	1.77	8.79	
	Tea (black \ green) without sugar	200	2.8	0.4	0.1	0.08	
Lunch							
Salad							
Lunch	Salad vinaigrette	60	67	2	1	13	
	Vegetable plate	60	18.6	3	0	5	
	Bean pate	30	48	1.7	0.5	14	
	Riet vegetable (baked)	30	25	0.8	0.3	5	
	Hummus chickpeas	30	45	2.5	0	16.5	
	Fresh fruits	100	32	0.89	0.196	23.1	
	Wheat bread	30	70.5	7.9	1	48.3	
	Rye bread	30	43.5	6.6	1.2	33.4	
	Soup						
	Chicken noodle soup	250	154	3	5	7.5	
	Bean soup with chicken	250	183	8	2	26	
	Hot dishes						
	Chicken schnitzel	80	199	24	6	11.5	
	Meatballs in creame sauce	80	182	11	14	15	
	Turkey stew with vegetables	80	99	8	5	6	
	Garnish						
	Buckwheat porridge	180	223	5.53	9.16	28.8	
Pasta with oil	180	235	6.5	6.9	36.1		
Pumping stew	180	96	2	2	16		
Beverages							
Orange compote	200	34	0	0	8		
Berry compote	200	62.5	0.1	0.04	8.71		
Water	200	0.5	0	0	0		
Tea (black\green) without sugar	200	2.8	0.4	0.1	0.08		
Snack							
Afternoon snack	Chocolate cake with banana	60	255	8.7	8.6	35.9	
	Fresh fruits	100	32	0.89	0.196	23.1	
	Milk 3.2%	180	102	3.04	2.71	5.04	
	Kefir, ryazhenka, curdled milk	180	90	5.22	4.5	7.2	



СОГЛАСОВАНО:
АНО Международная школа Брукс
Руководитель АНО

С.В. Савкина

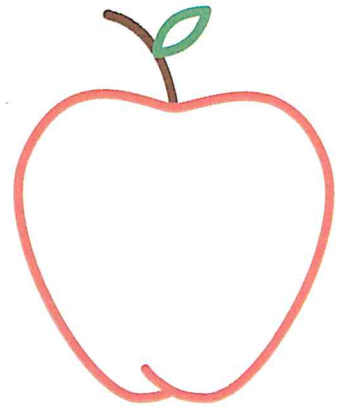
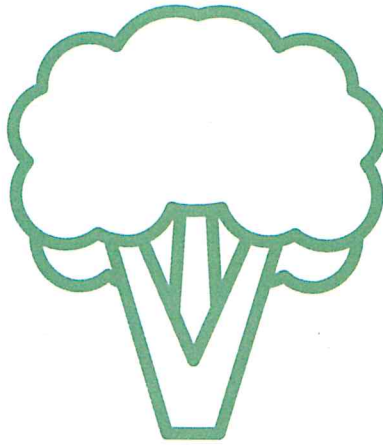
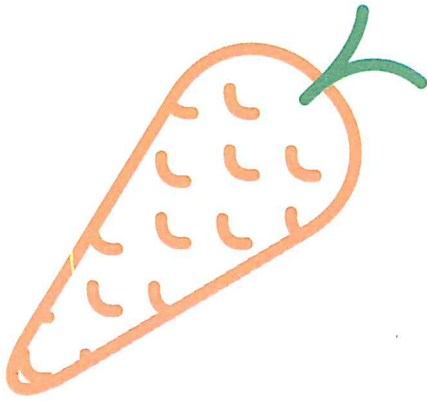


УТВЕРЖДЕНО в производстве:
ООО «Правильная еда»
Зав. Производства

В.А. Мильков

SCHOOL MENU

Meals	Day 14					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast						
Breakfast	Dairy corn grits porridge	200	279	4	3	30
	Non dairy barley porridge	200	110	4	0	24
	Toast with eggs	60	214	9.3	5.3	18
	Dumplings	80	166	11.7	8.27	11.3
	Omelet with cheese	80	73.2	1.89	2.62	4.9
	Steamed vegetables	50	73.2	1.89	2.62	4.9
	Curd dessert	60	142	15	8	8
	Vegetable plate	60	18.6	3	0	5
	Fresh fruits	100	32	0.89	0.196	23.1
	Condensed milk	20	77	7.2	8.5	55
	Jam in assortment	10	25.2	0	0	64
	Cocoa with milk	200	107	2.04	1.77	8.79
	Tea (black \ green) without sugar	200	2.8	0.4	0.1	0.08
	Lunch					
Lunch	Salad					
	Salad with grated carrot and apple	60	24	1	2	4
	Vegetable plate	60	18.6	3	0	5
	Bean pate	30	48	1.7	0.5	14
	Riet vegetable (baked)	30	25	0.8	0.3	5
	Hummus chickpeas	30	45	2.5	0	16.5
	Fresh fruits	100	32	0.89	0.196	23.1
	Wheat bread	30	70.5	7.9	1	48.3
	Rye bread	30	43.5	6.6	1.2	33.4
	Soup					
	White fish soup with tomatoes	250	164	8	4	16
	Minestrone	250	60	2.5	2.5	7.5
	Hot dishes					
	Chicken sausages	80	160	14	11	1
	Fish cutlets	80	104	12	5	4
	Turkey in cream sauce	80	104	12	5	4
	Garnishes					
	Mash potatoes	180	205	3.67	5.76	4.7
	Thai rice	180	230	6	4	10
	Beet squash	180	0	0	0	0
	Beverages					
	Apple compote with lemon	200	0.3	0	0	0.6
	Berry compote	200	62.5	0.1	0.04	8.71
Water	200	0.5	0	0	0	
Tea (black\green) without sugar	200	2.8	0.4	0.1	0.08	
Afternoon snack						
Afternoon snack	Snack					
	Cottage cheese danish	60	180	3.66	4.86	30.48
	Fresh fruits	100	32	0.89	0.196	23.1
	Milk 3.2%	180	102	3.04	2.71	5.04
Kefir, ryazhenka, curdled milk	180	90	6.22	4.5	7.2	



SCHOOL MENU

СОГЛАСОВАНО:
АНО «Международная школа Брукс»
Руководитель АНО

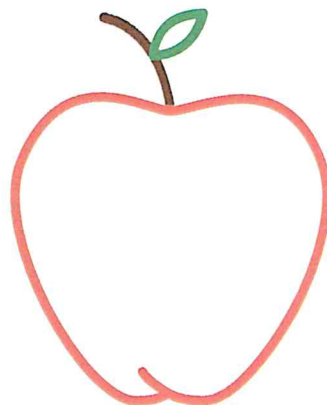
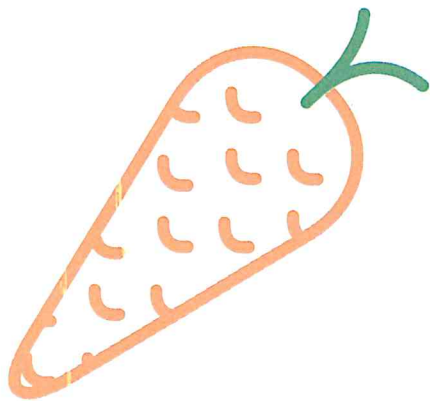
С.В. Сакина

УТВЕРЖДЕНО в производстве:

ООО «Правильная Еда»
Зав. Производством

В.А. Мильков

Meals	Day 15					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast						
	Dairy barley porridge	200	164	6	6	22
	Nondairy rice porridge with pear	200	136	2	0	32
	Wheat pancakes	60	107	4	3	17
	Parm casserole	80	164	15	8	9
	Omelet with ham	80	110	9	7	2
	Potato hash brown	50	76	1	3.2	10
	Curd dessert	60	142	15	8	8
	Vegetable plate	50	73.2	1.89	2.62	4.9
	Fresh fruits	100	32	0.89	0.196	23.1
	Condensed milk	20	77	7.2	8.5	55
	Jam in assortment	10	25.2	0	0	64
	Cocoa with milk	200	107	2.04	1.77	8.79
	Tea (black \ green) without sugar	200	2.8	0.4	0.1	0.08
Lunch						
Salad						
	Caesar salad	60	48.6	1	7	3
	Vegetable plate	60	18.6	3	0	5
	Bean pate	30	48	1.7	0.5	14
	Riet vegetable (baked)	30	25	0.8	0.3	5
	Hummus chickpeas	30	45	2.5	0	16.5
	Fresh fruits	100	32	0.89	0.196	23.1
	Wheat bread	30	70.5	7.9	1	48.3
	Rye bread	30	43.5	6.6	1.2	33.4
Soup						
	Cheese soup with chicken	250	189	4	6	5
	Lean cabbage soup	250	77	3	5	7.5
Hot dishes						
	Turkey schnitzel	80	86	21	0	0
	Chicken fricassee	80	125	13	6	6
	Bolognese sauce	80	128	14	2	12
Garnish						
	Cous cous	180	89.1	1.3	6.3	7.3
	Spaghetti	180	168	3.68	3.01	17.63
	Broccoli with tomatoes	180	198	2	0	24
Beverages						
	Rosehip drink	200	43	0	0	10
	Berry compote	200	62.5	0.1	0.04	6.71
	Water	200	0.5	0	0	0
	Tea (black\green) without sugar	200	2.8	0.4	0.1	0.08



SCHOOL MENU



СОГЛАСОВАНО:
АНО «Международная школа Брукс»
Руководитель АНО

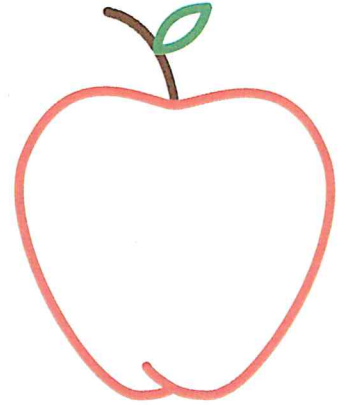
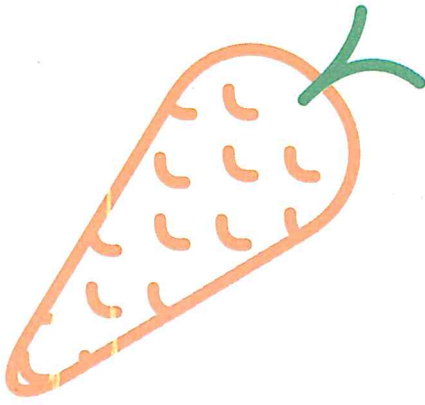
С.В. Савкина



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

В.А. Мильков

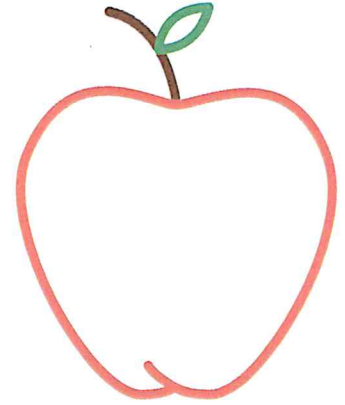
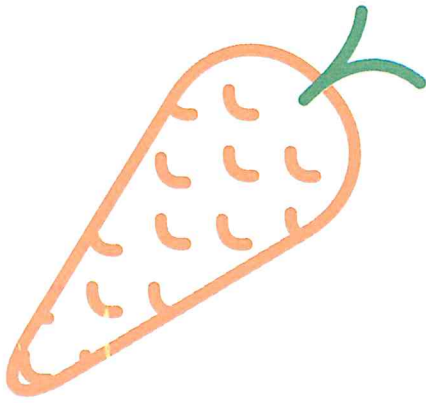
Meals	Day 16					
	Meal Weight	Energy value	Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs	
Breakfast						
Breakfast	Dairy porridge	200	132	8	6	34
	Non dairy porridge with pumpkin	200	120	4	2	22
	Toast with cheese	60	139	10.51	15.29	32.36
	Cottage cheese casserole	80	124	8.77	6.3	8.58
	Boiled egg	80	158	12.7	11.5	0.7
	Steamed vegetables	50	73.2	1.89	2.62	4.9
	Curd dessert	60	142	15	8	8
	Vegetable plate	50	73.2	1.89	2.62	4.9
	Fresh fruits	100	32	0.89	0.196	23.1
	Condensed milk	20	77	7.2	8.5	55
	Jam in assortment	10	25.2	0	0	64
	Cocoa with milk	200	107	2.04	1.77	8.79
Tea (black & green) without sugar	200	2.8	0.4	0.1	0.08	
Lunch						
Lunch	Salad					
	Salad					
	Cucumber salad with apple and carrots	60	76.2	4	7	13
	Vegetable plate	60	18.6	3	0	5
	Bean pate	30	48	1.7	0.5	14
	Rilet vegetable (baked)	30	25	0.8	0.3	5
	Hummus chickpeas	30	45	2.5	0	16.5
	Fresh fruits	100	32	0.89	0.196	23.1
	Wheat bread	30	70.5	7.9	1	48.3
	Rye bread	30	43.5	6.6	1.2	33.4
	Soup					
	Chicken cream soup	250	240	17	8	12
	Spinach soup	250	190	2.5	2.5	15
	Hot dishes					
	Baked chicken fillet	80	115	21	3	1
	Beef meatballs	80	195	18	13.6	0
	Turkey in tomato sauce	80	101	8	5	6
	Garnishes					
	Buckwheat porridge	180	223	5.53	9.16	28.8
	Pasta with oil	180	235	6.5	6.9	36.1
	Stewed cabbage	180	150	5	5	20
	Beverages					
	Carcade drink	200	20.92	0.3	0	0.6
	Berry compote	200	62.5	0.1	0.04	8.71
	Water	200	0.5	0	0	0
	Tea (black/green) without sugar	200	2.8	0.4	0.1	0.08
	Afternoon snack					
Snack						
Apple muffin	60	223	5.82	21.38	57.8	
Fresh fruits	100	32	0.89	0.196	23.1	
Milk 3.2%	180	102	3.04	2.71	5.04	
Kefir ryazhenka, curdled milk	180	90	5.22	4.5	7.2	



SCHOOL 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
	Non dairy oatmeal porridge	200	71	2	1	13
	Chicken sausages	60	135	12	10	1
	Creamy casserole with peaches	80	131,2	14	7	11
	Frittata with tomatoes and vegetables	80	81	7,2	7,04	2,33
	Cauliflower with green beans	50	74	3	3	8
	Curd dessert	60	142	15	8	8
	Vegetable plate	60	18,6	3	0	5
	Fresh fruits	100	32	0,89	0,196	23,1
	Condensed milk	20	77	7,2	8,5	55
	Jam in assortment	10	25,2	0	0	64
	Cocoa with milk	200	107	2,04	1,77	8,79
	Tea (black \ green) without sugar	200	2,8	0,4	0,1	0,08
	Lunch					
Lunch	Lunch					
	Salad					
	Salad with tomatoes and mozzarella	60	76,2	4	7	13
	Vegetable plate	60	18,6	3	0	5
	Bean pate	30	48	1,7	0,5	14
	Riet vegetable (baked)	30	25	0,8	0,3	5
	Hummus chickpeas	30	45	2,5	0	16,5
	Fresh fruits	100	32	0,89	0,196	23,1
	Wheat bread	30	70,5	7,9	1	48,3
	Rye bread	30	43,5	6,6	1,2	33,4
	Soup					
	Fresh cabbage soup	250	240	17	8	12
	Pumpkin cream-soup	250	190	2,5	2,5	15
	Hot dishes					
	Turkey meeatballs with cheese	80	115	21	3	1
	Fried cod	80	195	18	13,6	0
	Chicken teriyaki	80	101	8	5	6
	Garnishes					
	Boiled rice	180	223	5,53	9,16	28,8
	Baxed potatoes	180	235	6,5	6,9	36,1
	Vegetable sauté	180	150	5	5	20
	Beverages					
	Dried fruit compote	200	20,92	0,3	0	0,6
	Berry compote	200	62,5	0,1	0,04	8,71
	Water	200	0,5	0	0	0
	Tea (black\green) without sugar	200	2,8	0,4	0,1	0,08
	Afternoon snack					
Afternoon snack	Snack					
	Raisin muffin	60	374	4,37	18,27	50,43
	Fresh fruits	100	32	0,89	0,196	23,1
	Milk 3,2%	180	102	3,04	2,71	5,04
	Kefir, ryazhenka, curdled milk	180	90	5,22	4,5	7,2



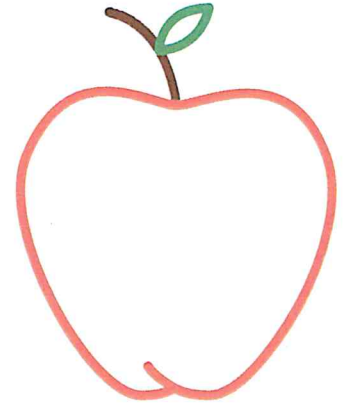
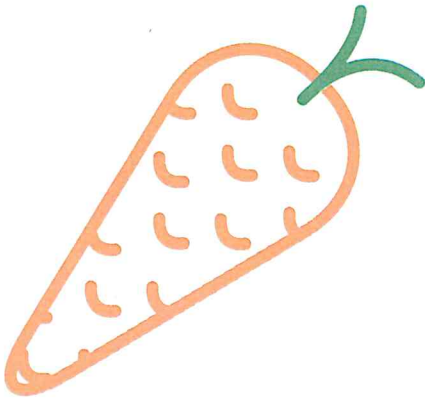
SCHOOL MENU



СОГЛАСОВАНО:
 АНО «Международная школа Брукс»
 Руководитель АХО
 С.В. Савакина

УТВЕРЖДЕНО в производстве:
 ООО «Правильная кухня»
 Зав. Производства
 В.С. 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
	Non dairy barley porridge	200	110	4	0	24
	Country style soufflé	60	113	6.1	8.25	3.
	Baked semolina	80	163	14	7	10
	Scramble with cheese	80	92.8	10	8	2
	Baked vegetables	50	107	3.4	1.4	18.7
	Curd dessert	60	142	15	8	8
	Vegetable plate	60	18.6	3	0	5
	Fresh fruits	100	32	0.89	0.196	23.1
	Condensed milk	20	77	7.2	8.5	55
	Jam in assortment	10	25.2	0	0	64
	Cocoa with milk	200	107	2.04	1.77	6.79
	Tea (black & green) without sugar	200	2.8	0.4	0.1	0.08
	Lunch					
Lunch	Salad					
	Fresh cabbage salad with apples and carrots	60	54	0.9	3	5.9
	Vegetable plate	60	18.6	3	0	5
	Bean pate	30	48	1.7	0.5	14
	Rilet vegetable (baked)	30	25	0.8	0.3	5
	Hummus chickpeas	30	45	2.5	0	16.5
	Fresh fruits	100	32	0.89	0.196	23.1
	Wheat bread	30	70.5	7.9	1	46.3
	Rye bread	30	43.5	6.6	1.2	33.4
	Soup					
	Pickle chicken soup	250	83.4	0.65	2.02	5.22
	Vegetable soup	250	42	1	0	3
	Hot dishes					
	Chicken pilaf	80	193	18.4	16.9	30.6
	Turkey cutlet	80	84	17	1	8
	Beef stew with carrots	80	136	10	12	5
	Garnishes					
	Boiled potatoes	180	305	10	6	47
	Cous Cous	180	171	3	1	21
	Ratatouille	180	0	0	0	0
	Beverages					
	Orange compote	200	34	0	0	8
	Berry compote	200	62.5	0.1	0.04	6.71
	Water	200	0.5	0	0	0
	Tea (black/green) without sugar	200	2.8	0.4	0.1	0.08
	Afternoon snack					
Afternoon snack	Snack					
	Apple pie	60	170	2.5	8	27
	Fresh fruits	100	32	0.89	0.196	23.1
	Milk 3.2%	180	102	3.04	2.71	5.04
Kefir, ryazhenka, curdled milk	180	90	5.22	4.5	7.2	



SCHOOL MENU



СОГЛАСОВАНО:
АНО «Международная школа Брукс»
Руководитель АНО

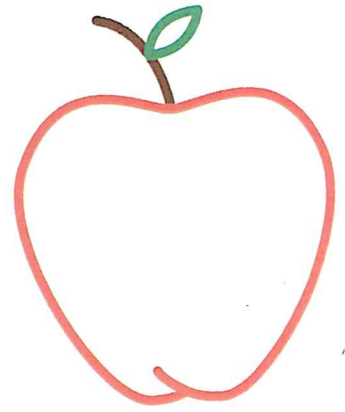
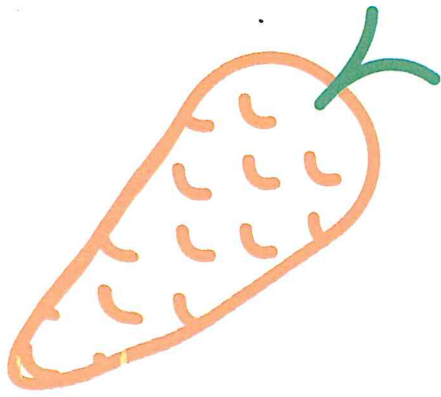
С.В. Савкина



УТВЕРЖДЕНО в производстве:
ООО «Правильная еда»
Зав. Производства

В.А. Мильков

Meals	Day 19						
	Meal Weight	Energy value		Nutrients			
	Weight (kg)	Kcal	Protein	Fats	Carbs		
Breakfast							
Breakfast	Dairy porridge	200	122	4	5	16	
	Non dairy porridge 4 cereals with pumpkin	200	86	3	1	18	
	Wheat pancakes	60	104	5	2.5	15	
	Rice pudding	80	155	3	4.5	26.4	
	Omelet	80	157	7.52	13.5	1.51	
	Green beans in tomato sauce	50	85.2	4.2	3.3	10.4	
	Curd dessert	60	142	15	8	8	
	Vegetable plate	60	18.6	3	0	5	
	Fresh fruits	100	32	0.89	0.196	23.1	
	Condensed milk	20	77	7.2	8.5	55	
	Jam in assortment	10	25.2	0	0	64	
	Cocoa with milk	200	107	2.04	1.77	8.79	
	Tea (black \ green) without sugar	200	2.8	0.4	0.1	0.08	
Lunch							
Salad							
Lunch	Olivier salad	60	46.3	1.67	4.18	8.2	
	Vegetable plate	60	18.6	3	0	5	
	Bean pate	30	48	1.7	0.5	14	
	Riet vegetable (baked)	30	25	0.8	0.3	5	
	Hummus chickpeas	30	45	2.5	0	16.5	
	Fresh fruits	100	32	0.89	0.196	23.1	
	Wheat bread	30	70.5	7.9	1	48.3	
	Rye bread	30	43.5	6.6	1.2	33.4	
	Soup						
	Norwegian soup with red fish	250	75	7.9	3.8	2	
	Vegan potatoes soup	250	67.3	0.66	2.24	3.66	
	Hot dishes						
	Breaded fish sticks	80	122	14	9	8	
Dumplings	80	139	16	6.9	2.3		
Turkey fricassee with vegetables	80	118	11	6	4		
Garnishes							
Baked country-style potatoes	180	194	3	10	35		
Boiled burliug	180	83	3.08	0.24	14.8		
Steamed vegetables	180	136	5	0	18		
Beverages							
Apple compote with lemon	200	103	25	0	0		
Berry compote	200	62.5	0.1	0.04	8.71		
Water	200	0.5	0	0	0		
Tea (black/green) without sugar	200	2.8	0.4	0.1	0.08		
Afternoon snack							
Snack							
Carrot cake with cinnamon and raisins	80	164	5	6	35		
Fresh fruits	100	32	0.89	0.196	23.1		
Milk 3.2%	180	102	3.04	2.71	5.04		
Kefir, ryazhenka, curdled milk	180	90	5.22	4.5	7.2		



SCHOOL MENU



Meals	Day 20				
	Meal Weight	Energy value	Nutrients		
	Weight (kg)	Kcal	Protein	Fats	Carbs
Breakfast					
	200	148.5	3	3	14
Dairy porridge	200	136	2	0	32
Non dairy rice porridge with pears	60	139	10.51	15.29	32.36
Toast with cheese	80	164	15	8	9
Parm casserole	80	110	9	7	2
Omelet with ham	50	76	1	3.2	10
Potato hash brown	60	142	15	8	8
Curd dessert	60	18.6	3	0	5
Vegetable plate	100	32	0.89	0.196	23.1
Fresh fruits	20	77	7.2	6.5	55
Condensed milk	10	25.2	0	0	64
Jam in assortment	200	107	2.04	1.77	8.79
Cocoa with milk	200	2.8	0.4	0.1	0.08
Tea (black / green) without sugar					
Lunch					
	Weight (kg)	Kcal	Protein	Fats	Carbs
Salad	60	46.3	1.67	4.18	8.2
Beet salad with green peas	60	18.6	3	0	5
Vegetable plate	30	48	1.7	0.5	14
Bean pate	30	25	0.8	0.3	5
Riet vegetable (baked)	30	45	2.5	0	16.5
Hummus chickpeas	100	32	0.89	0.196	23.1
Fresh fruits	30	70.5	7.9	1	48.3
Wheat bread	30	43.5	6.6	1.2	33.4
Rye bread					
Soup	250	164	16	4	12
Chicken soup	250	59	2	3	6
Vegetable cream soup					
Garnishes	80	86	21	0	0
Steamed turkey	80	136	7	8	8
Meat lasagna	80	127	13	6	7
Chicken in tomato sauce					
Hot dishes	180	205	3.67	5.76	24.5
Mashed potatoes	180	223	5.53	9.16	28.8
Buckwheat porridge	180	0	0	0	0
Carrot and cabbage rolls					
Beverage	Weight (kg)	Kcal	Protein	Fats	Carbs
	200	86	0	0	20
Rosehip drink	200	62.5	0.1	0.04	8.71
Berry compote	200	0.5	0	0	0
Water	200	2.8	0.4	0.1	0.08
Tea (black/green) without sugar					