



VEGETARIAN SCHOOL MENU 1 WEEK

Monday 04.01.2021	Tuesday 05.01.2021	Wednesday 06.01.2021	Thursday 07.01.2021	Friday 08.01.2021	Saturday 09.01.2021
BREAKFAST					
Banana	Apple	Banana	Apple	Banana	Apple
Sponge roll Apple compote	American cake Karkade tea	The squash with cottage cheese Rose hip	Muffin chocolate Tea with lemon	Shortbread biscuits Dried fruit compote	Brownie Cake Apple compote
LUNCH					
Harcho Soup	Meatball soup	Mampar Soup	Shurpa Soup	Tomato soup	Burger with meat
Potato cutlets	Turkish rice	Omelet with tomatoes	Sweet pilaf	Pasta in sauce	Cheese sandwich
Vegetable stew	Cheese balls	Stewed vegetables	Lavash with feta cheese	Omelet with herbs	Tea with lemon
Rice Buckwheat	Tofa Idaho potatoes	Rice Spaghetti	Baked potatoes	Rice Stewed vegetables	
Mix salad	Carrot salad	French salad	Fresh salad	Smack salad	
Delicate salad	Alabama salad	Iceberg salad	Salt salad	Vinaigrette salad	
Bread assorted	Bread assorted	Bread assorted	Bread assorted	Bread assorted	
Vegetable assorted	Vegetable assorted	Vegetable assorted	Vegetable assorted	Vegetable assorted	
Tomato sauce Suzma	Tomato sauce Suzma	Tomato sauce Suzma	Tomato sauce Suzma	Tomato sauce Suzma	
Sweet tea	Rose hip	Apple compote	Carkade tea	Ice tea	
AFTERNOON					
Стиморол	Sandwich with herbs	Roast with potatoes	Croissant with cheese	Samsa with herbs	
Apple	Banana	Apple	Banana	Apple	Banana



VEGETARIAN SCHOOL MENU 2 WEEK

Monday 11.01.2021	Tuesday 12.01.2021	Wednesday 13.01.2021	Thursday 14.01.2021	Friday 15.01.2021	Saturday 16.01.2021
BREAKFAST					
Banana	Apple	Banana	Apple	Banana	Apple
Muffin chocolate Sweet tea	Shortbread cookies Hibiscus tea	Stimorol Rosehip	Oatmeal cookies Tea with lemon	Raisin bun Sweet tea	Toast Rosehip
LUNCH					
Carrot soup	Broccoli soup	Mohora soup	Mampar soup	Lentil soup	Cheese sandwich
Baked vegetables	Vegetable kebab	Draniki	Pilaf vegetarian	Tofa	Lavash with cheese
Omelet with cheese	Lavash with feta cheese	Boiled egg	Buckwheat with vegetables	Rice with vegetables	Apple compote
Buckwheat Rice	Pasta Puree	Spaghetti Rice	Potato casserole	Spaghetti in tomato sauce	
Green salad	Japanese salad	Greek salad	Achichuk salad	Caesar salad	
Chaban salad	Delicate salad	Nicoise salad	Spring salad	Cabbage salad	
Bread assorted	Bread assorted	Bread assorted	Bread assorted	Bread assorted	
Vegetable assorted	Vegetable assorted	Vegetable assorted	Vegetable assorted	Vegetable assorted	
Tomato sauce Suzma	Tomato sauce Suzma	Tomato sauce Suzma	Tomato sauce Suzma	Tomato sauce Suzma	
Apple compote	Rosehip	Apple compote	Karkade tea	Fruit compote	
AFTERNOON					
Pizza	Samsa with potatoes	Samsa with potatoes	Tartlets	Samsa with pumpkin	
Apple	Banana	Apple	Banana	Apple	Banana



VEGETARIAN SCHOOL MENU 3 WEEK

Monday 18.01.2021	Tuesday 19.01.2021	Wednesday 20.01.2021	Thursday 21.01.2021	Friday 22.01.2021	Saturday 23.01.2021
BREAKFAST					
Banana	Apple	Banana	Apple	Banana	Apple
Бисквитный рулет Яблочный компот	Американский кейк Чай каркаде	Ватрушка с творогом Шиповник	Маффин шоколадный Чай с лимоном	Печенье песочное Компот фруктовый	Брауни кейк Компот яблочный
LUNCH					
Harcho soup	Vegetable Soup	Mampar soup	Green cabbage soup	Tomato soup	Burger with cheese
Potato cutlets	Turkish rice	Omelet with tomatoes	Sweet pilaf	Pasta in sauce	Cheese sandwich
Vegetable stew	Cheese balls	Stewed vegetables	Lavash with feta cheese	Omelet with herbs	Tea with lemon
Buckwheat Rice	Tofa Idaho potatoes	Spaghetti Rice	Baked potatoes	Rice Stewed vegetables	
Mix salad	Carrot salad	French salad	Fresh salad	Smack salad	
Delicate salad	Alabama	Iceberg salad	Salt salad	Vinaigrette salad	
Bread assorted	Bread assorted	Bread assorted	Bread assorted	Bread assorted	
Vegetable assorted	Vegetable assorted	Vegetable assorted	Vegetable assorted	Vegetable assorted	
Tomato sauce Suzma	Tomato sauce Suzma	Tomato sauce Suzma	Tomato sauce Suzma	Tomato sauce Suzma	
Sweet tea	Rose hip	Apple compote	Carkade tea	Ice tea	
AFTERNOON					
Stimorol	Sandwich with herbs	Roast with potatoes	Croissant with cheese	Samsa with herbs	
Apple	Banana	Apple	Banana	Apple	Banana



VEGETARIAN SCHOOL MENU 4 WEEK

Monday 25.01.2021	Tuesday 26.01.2021	Wednesday 27.01.2021	Thursday 28.01.2021	Friday 29.01.2021	Saturday 30.01.2021
BREAKFAST					
Banana	Яблоко	Banana	Яблоко	Banana	Яблоко
Muffin chocolate Sweet tea	American cake Karkade tea	Stimorol Rosehip	Oatmeal cookies Tea with lemon	Raisin bun Sweet tea	Toast Rosehip
LUNCH					
Carrot soup	Broccoli soup	Mohora soup	Mampar soup	Lentil soup	Cheese sandwich
Baked vegetables	Vegetable kebab	Draniki	Pilaf vegetarian	Tofa	Lavash with cheese
Omelet with cheese	Lavash with feta cheese	Boiled egg	Buckwheat with vegetables	Rice with vegetables	Apple compote
Rice Buckwheat	Pasta Puree	Rice Spaghetti	Potato casserole	Spaghetti in tomato sauce	
Green salad	Japanese salad	Greek salad	Achichuk salad	Caesar salad	
Chaban salad	Delicate salad	Nicoise salad	Spring salad	Cabbage salad	
Bread assorted	Bread assorted	Bread assorted	Bread assorted	Bread assorted	
Vegetable assorted	Vegetable assorted	Vegetable assorted	Vegetable assorted	Vegetable assorted	
Tomato sauce Suzma	Tomato sauce Suzma	Tomato sauce Suzma	Tomato sauce Suzma	Tomato sauce Suzma	
Apple compote	Rosehip	Apple compote	Karkade tea	Fruit compote	
AFTERNOON					
Pizza	Samsa with potatoes	Vegetable pie	Tartlets	Samsa with pumpkin	
Apple	Banana	Apple	Banana	Apple	Banana

