



## Sayram Campus - week one

|              | 02.10.2018               | 03.10.2018           | 04.10.2018            | 05.10.2018               | 06.10.2018   |
|--------------|--------------------------|----------------------|-----------------------|--------------------------|--------------|
| <b>Snack</b> |                          |                      |                       |                          |              |
|              | Bananas                  | Bananas              | Bananas               | Bananas                  | Cleaning day |
|              | Biscuit with cream       | Doughnuts with glaze | Brownie cake          | Croissant with chocolate |              |
| <b>Lunch</b> |                          |                      |                       |                          |              |
|              | Lentil soup              | Borshch              | Chicken noodle soup   | Shurpa soup              | Cleaning day |
|              | Beef round rissoles      | Chicken sticks       | Braised beef          | Fish in sauce            |              |
|              | Chicken round rissoles   | Beef with vegetables | Chicken shanks        | Baked chicken            |              |
|              | Macaron, puree           | Spaghetti , cheese   | Buckwheat, puree      | Spaghetti, rice          |              |
|              | Rocket salad with brynza | Mix salad            | Bavarian salad        | Alabama salad            |              |
|              | French salad             | Achichuk salad       | Spring salad          | Beetroot salad           |              |
|              | Bread assortment         | Bread assortment     | Bread assortment      | Bread assortment         |              |
|              | Mixed vegetables         | Mixed vegetables     | Mixed vegetables      | Mixed vegetables         |              |
|              | Tomato sauce             | Tomato sauce         | Tomato sauce          | Tomato sauce             |              |
|              | Rosehip water            | Dried fruit compote  | Lemon tea             | Rosehip water            |              |
| <b>Snack</b> |                          |                      |                       |                          |              |
|              | Pizza                    | Toast with cheese    | Danish with cinnamone | English cake             | Cleaning day |
|              | Apples                   | Apples               | Apples                | Apples                   |              |
|              | Bananas                  | Bananas              | Bananas               | Bananas                  |              |



## Sayram Campus – week two

| 08.10.2018              | 09.10.2018                     | 10.10.2018                          | 11.10.2018        | 12.10.2018                          | 13.10.2018   |
|-------------------------|--------------------------------|-------------------------------------|-------------------|-------------------------------------|--------------|
| <b>Snack</b>            |                                |                                     |                   |                                     |              |
| Bananas                 | Bananas                        | Bananas                             | Bananas           | Bananas                             | Cleaning day |
| Curd pancake            | Rabbit cookies                 | Croissant with chocolate            | cookies           | Biscuit with jam                    |              |
|                         |                                |                                     |                   |                                     |              |
| <b>Lunch</b>            |                                |                                     |                   |                                     |              |
| Vegetable soup          | Mastava soup                   | Shurpa soup                         | Mampar soup       | Chicken noodle soup                 | Cleaning day |
| Chicken with vegetables | Beef cutlets                   | Chicken meatballs                   | Goulash           | Miner fish                          |              |
| Meat with vegetables    | Chicken cutlets                | Beef meatballs                      | British chicken   | Asian meat                          |              |
| Buckwheat, rice         | Rice with vegetables, macaroni | Potato puree, spaghetti with cheese | Buckwheat , puree | Buckwheat with vegetables, macaroni |              |
| Garden salad            | Iceberg salad                  | Cellophane noodles salad            | Spring salad      | Ceaser salad                        |              |
| Nejniy salad            | Chaban salad                   | Rocket salad                        | Bavarian salad    | Achichuk salad                      |              |
| Bread assortment        | Bread assortment               | Bread assortment                    | Bread assortment  | Bread assortment                    |              |
| Mixed vegetables        | Mixed vegetables               | Mixed vegetables                    | Mixed vegetables  | Mixed vegetables                    |              |
| Tomato sauce            | Tomato sauce                   | Tomato sauce                        | Tomato sauce      | Tomato sauce                        |              |
| Karkade tea             | Rosehip water                  | Apple compote                       | Lemon tea         | Dried fruit compote                 |              |
| <b>Snack</b>            |                                |                                     |                   |                                     |              |
| Somsa with chicken      | Meat pie                       | Turkish somsa                       | Pizza             | Fruit tartlets                      | Cleaning day |
| Apples                  | Apples                         | Apples                              | Apples            | Apples                              |              |
| Bananas                 | Bananas                        | Bananas                             | Bananas           | Bananas                             |              |



## Sayram Campus – week three

| 15.10.2018             | 16.10.2018            | 17.10.2018              | 18.10.2018              | 19.10.2018          | 20.10.2018   |
|------------------------|-----------------------|-------------------------|-------------------------|---------------------|--------------|
| <b>Snack</b>           |                       |                         |                         |                     |              |
| Bananas                | Bananas               | Bananas                 | Bananas                 | Bananas             | Cleaning day |
| Poppy seed bun         | Danish with chocolate | English cake            | Biscuit with jam        | Rabbit cookies      |              |
| <b>Lunch</b>           |                       |                         |                         |                     |              |
| Chicken noodle soup    | Vegetable soup        | Mampar soup             | Shurpa soup             | Mastava soup        | Cleaning day |
| Chicken round rissoles | Beef bolognese        | Chicken with vegetables | Chicken goulash         | Fish sticks         |              |
| Beef round rissoles    | Chicken bolognese     | Meat with vegetables    | Beef stroganoff         | Chicken sticks      |              |
| Rice, buckwheat        | Rice, spaghetti       | Puree, buckwheat        | Buckwheat, baked potato | Puree, macaroni     |              |
| Japanese salad         | Spring salad          | Green salad             | Frigole salad           | Achichuk salad      |              |
| Mexican salad          | Greek salad           | Rocket salad            | Ceaser salad            | Ceaser salad        |              |
| Bread assortment       | Bread assortment      | Bread assortment        | Bread assortment        | Bread assortment    |              |
| Mixed vegetables       | Mixed vegetables      | Mixed vegetables        | Mixed vegetables        | Mixed vegetables    |              |
| Tomato sauce           | Tomato sauce          | Tomato sauce            | Tomato sauce            | Tomato sauce        |              |
| Karkade tea            | Apple compote         | Rosehip water           | Lemon tea               | Dried fruit compote |              |
| <b>Snack</b>           |                       |                         |                         |                     |              |
| Croissant with cheese  | Chicken pizza         | Cheese curd tart        | Sandwich with cheese    | Turkish somsa       | Cleaning day |
| Apples                 | Apples                | Apples                  | Apples                  | Apples              |              |
| Bananas                | Bananas               | Bananas                 | Bananas                 | Bananas             |              |



## Sayram Campus – week four

| 22.10.2018              | 23.10.2018       | 24.10.2018            | 25.10.2018              | 26.10.2018         | 27.10.2018   |
|-------------------------|------------------|-----------------------|-------------------------|--------------------|--------------|
| <b>Snack</b>            |                  |                       |                         |                    |              |
| Bananas                 | Bananas          | Bananas               | Bananas                 | Bananas            | Cleaning day |
| Biscuit with chocolate  | Chess cookies    | Doughnuts with jam    | Croissant               | Cookies            |              |
| <b>Lunch</b>            |                  |                       |                         |                    |              |
| Pelmeni                 | Mampar soup      | Kharcho soup          | Shurpa soup             | Vegetable soup     | Cleaning day |
| Beef stroganoff         | Chicken in sauce | Meat in sauce         | Meat with vegetables    | Fish sticks        |              |
| Chicken beef stroganoff | Asian meat       | Chicken in sauce      | Chicken with vegetables | Bolognese          |              |
| Buckwheat, rice         | Macaroni, rice   | Spaghetti, rice       | Potato, buckwheat       | Spaghetti, rice    |              |
| Spring salad            | Rocket salad     | Potato salad          | Mexican salad           | Cousa squash salad |              |
| Eggplant salad          | Achichuk salad   | Mix salad             | Chrysanthemum salad     | Smak salad         |              |
| Bread assortment        | Bread assortment | Bread assortment      | Bread assortment        | Bread assortment   |              |
| Mixed vegetables        | Mixed vegetables | Mixed vegetables      | Mixed vegetables        | Mixed vegetables   |              |
| Tomato sauce            | Tomato sauce     | Tomato sauce          | Tomato sauce            | Tomato sauce       |              |
| Karkade tea             | Rosehip water    | Compote               | Lemon tea               | Compote            |              |
| <b>Snack</b>            |                  |                       |                         |                    |              |
| Pizza                   | Turkish somsa    | Rasstegay with potato | Toast with cheese       | Chicken pie        | Cleaning day |
| Apples                  | Apples           | Apples                | Apples                  | Apples             |              |
| Bananas                 | Bananas          | Bananas               | Bananas                 | Bananas            |              |



## Sayram Campus - week five

| 29.10.2018        | 30.10.2018               | 31.10.2018           |  |  |              |
|-------------------|--------------------------|----------------------|--|--|--------------|
| <b>Snack</b>      |                          |                      |  |  |              |
| Bananas           | Bananas                  | Bananas              |  |  | Cleaning day |
| Duck cookies      | Biscuit with cream       | Doughnuts with glaze |  |  |              |
|                   |                          |                      |  |  |              |
| <b>Lunch</b>      |                          |                      |  |  |              |
| Ugra soup         | Lentil soup              | Borshch              |  |  | Cleaning day |
| Beef stroganoff   | Beef round rissoles      | Chicken sticks       |  |  |              |
| Chicken in sauce  | Chicken round rissoles   | Beef with vegetables |  |  |              |
| Rice, buckwheat   | Macaroni, puree          | Spaghetti, rice      |  |  |              |
| Bavaria salad     | Rocket salad with brynza | Mix salad            |  |  |              |
| Garden salad      | French salad             | Achichuk salad       |  |  |              |
| Bread assortment  | Bread assortment         | Bread assortment     |  |  |              |
| Mixed vegetables  | Mixed vegetables         | Mixed vegetables     |  |  |              |
| Tomato sauce      | Tomato sauce             | Tomato sauce         |  |  |              |
| Lemon tea         | Rosehip water            | Dried fruit compote  |  |  |              |
| <b>Snack</b>      |                          |                      |  |  |              |
| Somsa with potato | Pizza                    | Toast with cheese    |  |  | Cleaning day |
| Apples            | Apples                   | Apples               |  |  |              |
| Bananas           | Bananas                  | Bananas              |  |  |              |