



SAYRAM CAMPUS VEGETARIAN MENU

MONDAY 03.02.2020	TUESDAY 04.02.2020	WEDNESDAY 05.02.2020	THURSDAY 06.02.2020	FRIDAY 07.02.2020	SATURDAY 08.02.2020
SNACK					
Bananas	Bananas	Bananas	Bananas	Bananas	
Danish with cinnamon	Chess Cookies	Carrot muffins	Cheesecake	Raison	
LUNCH					
Vegetables soup	Lentil soup Vegetarian	Vegetarian soup with macaroni	Shurpa Vegetarian	Mastava	SANITARY DAY
Beans with vegetables	Potato pancakes	Vegetables	Baked vegetables	Dumplings with potatoes and pumpkin	
Vegetable cutlets	Broccoli cutlets	Omelet with cheese	Plov Vegetarian	Stewed vegetables	
Rice	Buckwheat	Rice	Country style potato	Spaghetti	
Buckwheat	Puree	Macaroni	Buckwheat	Rice	
Salad Princeca	Arugula salad with feta cheese	Potato salad	Salad achichuk	French salad	
Mixed salad	Salad muroveynik	Garden salad Vegetarian	Spring salad	Vegetables 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	
Dried fruit compote	Quince compote	Compote with rose hips	Lemon tea	Apple compote	
SNACK					
French toast	Somsa with potato	Tofu in breadcrumbs	Icing donut	Toast with cheese	
Apples	Apples	Apples	Apples	Apples	



SAYRAM CAMPUS VEGETARIAN MENU

MONDAY 10.02.2020	TUESDAY 11.02.2020	WEDNESDAY 12.02.2020	THURSDAY 13.02.2020	FRIDAY 14.02.2020	SATURDAY 15.02.2020
SNACK					
Bananas	Bananas	Bananas	Bananas	Bananas	
Biscuit with chocolate	Bunny cookies	Bun with poppy seeds	Fruit tartlets	Shortbread cookie	
LUNCH					
Lentil cream soup	Green cabbage soup	Vegetable cream soup	Shurpa Vegetarian	Carrot soup Vegetarian	SANITARY DAY
Vegetable stew	Omelet with cheese	Lentil cutlets	Stewed vegetables	Pea and Zucchini Cutlets	
Spaghetti pesto	Buckwheat	Rice with vegetables and tofu	Vegetarian Plov	Rice	
Rice	Puree	Macaroni	Baked potato	Spaghetti with cheese	
Salad smak Vegetarian	Salad Shakhzoda	Salad capital	Salad achichuk	Salad Cezar	
Salad nejniy	Salad chaban Vegetarian	Three Cabbage Salad	Spring salad	Carrot 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	
Compote with rose hips	Apple compote	Dried fruit compote	Lemon tea	Quince compote	
SNACK					
Pizza margarita	Cupcake with chocolate	French toast with cinnabons	Somsa	Croissant with chocolate	
Apples	Apples	Apples	Apples	Apples	



SAYRAM CAMPUS VEGETARIAN MENU

MONDAY 24.02.2020	TUESDAY 25.02.2020	WEDNESDAY 26.02.2020	THURSDAY 27.02.2020	FRIDAY 28.02.2020	SATURDAY 29.02.2020
SNACK					
Bananas	Bananas	Bananas	Bananas	Bananas	
Brownie cake	Biscuit rolls	Danish with poppy seeds	Teddy cookies	Stimorol	
LUNCH					
Tomato soup	Vegetables soup	Vegetarian Mampar soup	Vegetarian Shurpa	Carrot soup	SANITARY DAY
Baked vegetables	Roasted Vegetables	Omelet with herbs	Vegetarian Plov	Stewed vegetables	
Rice in Hawaiian	Buckwheat	Vegetable cutlets	Potato with rosemary	Rice	
Tofu in breadcrumbs	Beans	Buckwheat		Omelet with cheese	
Vegetarian salad Eldorado	Vegetarian salad Olivier	Chrysanthemum Salad	Salad achichuk	Green Salad	
Vegetarian Turkish salad	Vegetarian mixed salad	Greek salad	Spring salad	Salad Prince	
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	
Dried fruit compote	Quince compote	Compote with rose hips	Lemon tea	Apple compote	
SNACK					
Danish with coconut	Icing donut	Sandwich with cheese	Charlotte	Fruit tartlets	
Apples	Apples	Apples	Apples	Apples	