



Monday

Breakfast: Greek Yogurt with Granola/ Sliced Oranges

Lunch: Homemade Vegetable Soup/ Grilled Cheese/ Sliced Tomatoes

Snack: Cous Cous with Baked Salmon/ Sliced Bananas

Tuesday

Breakfast: Syrniki with Jam/ Sliced Pears

Lunch: Homemade Borscht Soup/ Chicken Nuggets/ Sliced Cucumbers

Snack: Shell Pasta with Ground Beef/ Sliced Apples

Wednesday

Breakfast: Homemade Oatmeal/ Sliced Melon

Lunch: Homemade Chicken Noodle Soup/ Mozzarella Sticks/ Sliced Cucumbers

Snack: Meatballs with Quinoa/ Sliced Bell Peppers

Thursday

Breakfast: Homemade Crepes with Berries/ Yogurt

Lunch: Homemade Creamy Tomato Soup/ Tater Tots/ Sliced Cucumbers

Snack: Baked Chicken with Buckwheat/ Apple Sauce

Friday

Breakfast: Cheese Omelet with Toast/ Sliced Apples

Lunch: Homemade Meatball Soup/ Turkey Panini/ Sliced Tomatoes

Snack: Chicken Dumplings with Sour Cream/ Sliced Oranges