





MONDAY BREAKFAST


Porridge of buckwheat flakes cooked in milk 
Oatmeal cooked in milk
Oatmeal cooked (no milk)  
Omelette with potatoes in country style 
Pastry, cheese, butter
Tea, sugar




BREAKFAST 2

Grainy cottage cheese




LUNCH

Pumpkin cream soup  
Soup with meatballs  
Vegan lentil soup / on special request   

Chicken cutlet
Beef stew 

Garnishes: rice   
fluffy buckwheat porridge   
spaghetti with basil
potato puree (mashed potatoes)





Salads: of sugar beet   
of carrots with walnuts   
of cucumber and green apples   





Apple juice sugar free
Dried fruit compote   

POLDNIK (LIGHT MEAL BETWEEN LUNCH AND DINNER)

Baked fruit pastries
Fermented milk drink

DINNER

Cod pancakes
Turkey with bulgur  /dish without extra garnish
Vegetable biscuits (broccoli, spinach) with boiled potatoes, on special request   




Garnishes: baked vegetables   
boiled potatoes 

BEFORE BEDTIME

Cookies (crackers), soft cream cheese (cream yogurt)

TUESDAY








BREAKFAST



Millet cereals with pumpkin in milk 
Oatmeal cooked in milk
Cottage cheese dumplings
Oatmeal cooked (no milk)  
Pastry, cheese, butter
Tea, sugar

BREAKFAST 2













Omelette

LUNCH

Brussel sprout soup and quinoa on chicken broth  
Quail egg fish soup  
Brussel sprout soup and quinoa / on special request   

Beef schnitzel
Chicken kebab  

Garnishes: rice   
buckwheat porridge   
spaghetti with basil
boiled potatoes 









Salads: of beet with walnuts   
of carrots   
of leaf with cherry and parsley oil   
Compot with apples and rhubarb   
Apple juice sugar free

POLDNIK

(LIGHT MEAL BETWEEN LUNCH AND DINNER)

Fruity crumble and fermented milk drink

DINNER



Pikeperch roulette with vegetables
Beef meatballs with vegetable salsa 
Potato browns with vegetables salsa / dish with no extra garnish   
special order
Garnishes: buckwheat   
potato /carrot puree 

BEFORE BEDTIME

Cookies (crackers), soft cream cheese (cream yogurt)

WEDNESDAY

BREAKFAST

Oatmeal cooked in milk
Porridge with polba
Oatmeal cooked in water  
Potato waffles with sausages
Pastry, cheese, butter
Tea, sugar

BREAKFAST 2











Cottage cheese pudding with jam

LUNCH

Cream-soup with celery
Borsch  
Vegan borsch.    on special request

Boiled pork
Turkey patty

Garnishes: rice   
buckwheat porridge   
spaghetti with basil
potato puree (mashed potatoes) 




Salads: of beet with dried plum   
of carrot with apples   
of cucumber and sesame oil and quail egg  
Apple compot with sea-buckthorn  
Apple juice sugar free

POLDNIK

(LIGHT MEAL BETWEEN LUNCH AND DINNER)

Pie with pieplant, fermented milk drink

DINNER

Pink salmon baked with vegetables
Vegetable ragout with chicken in pot / dish without extra garnish, extra request   
Potted vegetable stew / on special request, without extra garnish




Garnishes: baked potato   
rice   

BEFORE BEDTIME

Cookies (crackers), soft cream cheese (cream yogurt)

THURSDAY


BREAKFAST

Oatmeal cooked in milk
Porridge 4 cereals with dried apricots cooked
Oatmeal cooked no milk  
Omelette with Idaho potatoes and mozzarella 
Pastry, cheese, butter
Tea, sugar



BREAKFAST 2




Grainy cottage cheese

LUNCH

Chicken soup with cheese balls
Norwegian fish soup with salmon
Vegetable soup / extra request 

Pocket chicken 

Baked beef  




Garnishes: rice   




buckwheat porridge   




spaghetti with basil

boiled potato 

Salads: of sugar beet with fetaxa cheese

of carrots with raisins   

of celery with apple   

Dried fruit compot   

Apple juice sugar free

POLDNIK

(LIGHT MEAL BETWEEN LUNCH AND DINNER)


овсяное печенье с запеченными фруктами с маскарпоне, fermented milk drink

DINNER

Trout and pike-perch cutlet

Paella with turkey / dish without extra garnish  

Vegetable paella / on special request   



Garnishes: cauliflower pie 

potato puree 

BEFORE BEDTIME

Cookies (crackers), soft cream cheese (cream yogurt)






FRIDAY BREAKFAST

Oatmeal cooked in milk
Oatmeal with quinoa
Oatmeal cooked no milk  
Chicken fritters
Pastry, cheese, butter
Tea, sugar







BREAKFAST 2













Omelette

LUNCH

Chicken broth with quenelles
Green spinach soup on chicken broth  
Spinach soup / on special request   

Home made patty (pork + chicken)
Chicken fillet in creamy sauce











Garnishes: rice   
buckwheat porridge   
spaghetti with basil
potato puree (mashed potatoes) 

Salads: of beet with walnut   
of carrots   
green with olive oil   
Apple compot with rose hips   
Apple juice sugar free

POLDNIK (LIGHT MEAL BETWEEN LUNCH AND DINNER)

Pancake with caramelised bananas, fermented milk drink




DINNER

Pike perch with cheese in sour cream sauce
Beef with green vegetables  
Assorted green vegetables with potato wedges/ on special request   
Garnishes: bulgur with vegetables  
all sorts green vegetables   

BEFORE BEDTIME

Cookies (crackers), soft cream cheese (cream yogurt)

SATURDAY BREAKFAST


Rise cooked in milk 
Oatmeal cooked in milk
Chicken quesadilla
Oatmeal cooked no milk  
Pastry, cheese, butter
Tea, sugar

BREAKFAST 2













Cottage cheese pudding, marmalade

LUNCH

Broccoli cream soup 
Solyanka
Vegan broccoli cream soup    on special request

Beef schnitzel
Baked ham 

Garnishes: rice   
buckwheat porridge   
spaghetti with basil
boiled potatoes 





Salads: of beet with apple   
of carrots   
green salad with olive oil   
Rhubarb apple compot   
Apple juice sugar free




POLDNIK

(LIGHT MEAL BETWEEN LUNCH AND DINNER)

Fruits, pastry, mascarpone

DINNER

Baked cod under cheese encrusted
Turkey in cream sauce 
Potted vegetables with quinoa/ dish without extra garnish.    on special request



Garnishes: monastery style buckwheat   
vegetables with quinoa

BEFORE BEDTIME

Cookies (crackers), soft cream cheese (cream yogurt)

SUNDAY

BREAKFAST

Oatmeal cooked in milk
Millet porridge with pear
Oatmeal cooked no milk  
Turkey fillet fritters
Pastry, cheese, butter
Tea, sugar

BREAKFAST 2

Home made cheese pancakes with jam

LUNCH

Cauliflower soup with chicken broth with quail egg  

Soup of three types of fish  

Cauliflower soup    on special request

Potted beef with potatoes/ dish without garnish

Chicken breast crazy with ricotta

Garnishes: rice   

buckwheat porridge   

spaghetti with basil

Potato puree 

Salads: of sugar beet   

of carrots with raisins   

of lettuce leaf   

Compot with rose hips   

Apple juice sugar free

POLDNIK

(LIGHT MEAL BETWEEN LUNCH AND DINNER)

Fruity crumble, fermented milk drink

DINNER

Souffle fish mix with greens

Pork stew  

Potted vegetable stew / without extra garnish, extra request 

Garnishes: pasta

potato puree 

BEFORE BEDTIME

Cookies (crackers), soft cream cheese (cream yogurt)