

# Menu

## Monday

<b>Homemade Salad</b>	100 g
tomatos, cucumbers, sour cream, greenery	
<b>Monomakh Salad</b>	130 g
cabbage, sweet pepper, cucumbers, vegetable oil, greenery	
<b>Okroshka on mayonnaise</b>	240 g
mayonnaise, ham, potatoes, cucumbers, eggs, spring onions, greenery	
<b>Chicken broth with egg served with croutons</b>	240 g
chicken broth, carrot, onions, spices, greenery, egg, croutons	
<b>Chicken in carrot and cream sauce</b>	130 g
chicken fillet, carrot, flour, cream, greenery, spices	
<b>French Pork</b>	120 g
pork, tomatos, mayonnaise, cheese, spices, greenery	

## Tuesday

<b>Light Salad</b>	130 g
cucumbers, tomatos, apples, sweet pepper, onions, greenery, vegetable oil	
<b>Cucumber Salad with spring onions and egg</b>	130 g
cucumbers, egg, spring onions, sour cream, mayonnaise	
<b>Okroshka on kefir</b>	240 g
kefir, ham, potatoes, cucumbers, eggs, spring onions, greenery	
<b>Vegetable marrow cream soup</b>	240 g
vegetable marrow, carrot, onion, pepper, tomatos, garlic, spices	
<b>Chicken pancakes</b>	120/30 g
chicken fillet, onion, eggs, flour, mayonnaise, spices, greenery	
<b>Stewed cabbage with hunter's sausages</b>	240 g
cabbage, hunter's sausages, onion, carrot, tomato paste, spices, greenery	

## Wednesday

<b>Summer salad</b>	130 g
Chinese cabbage, cucumbers, sweet pepper, tomatos, greenery, vegetable oil	
<b>Green Salad</b>	130 g
cucumbers, spring onions, Feta cheese, vegetable oil	
<b>Okroshka on kvas</b>	240 g
kvas, ham, potato, cucumbers, eggs, spring onions, greenery	
<b>Pumpkin cream soup</b>	240 g
pumpkin, carrot, onion, rosemary, garlic, greenery	
<b>Chicken fricassee</b>	130 g
chicken fillet, sweet pepper, cream, spices, greenery	
<b>Pork schnitzel</b>	120 g
pork, spices, eggs, breadcrumbs, vegetable oil, greenery	

## Thursday

<b>Cucumbers with spring onions</b>	130 g
cucumbers, spring onions, sour cream	
<b>Vitamin Salad</b>	130 g
apples, tomatos, carrot, cucumbers, sauce: sour cream, lemon juice, sugar	
<b>Ukha</b>	240 g
fish, potato, onion, spices, greenery	
<b>Spinach cream soup</b>	240 g
spinach, potato, onion, milk, cream, greenery	
<b>Beef Chops with creamy tomato sauce</b>	80/40 g
ground beef, long loaf, milk, spices, greenery sauce: tomato paste, cream, onion, spices, butter	
<b>Fish in batter</b>	100 g
fish, egg, mayonnaise, flour, spices, greenery	

## Friday

<b>Tomatoes with sour cream and greenery</b>	130 g
tomatos, sour cream, greenery	
<b>Country Salad</b>	130 g
radish, egg, cucumbers, sour cream, greenery	
<b>Beetroot soup</b>	240 g
beet, potato, ham, egg, cucumbers, greenery, mustard, lime juice, salt, sugar	
<b>Shchi (fresh cabbage soup)</b>	240 g
beef broth, cabbage, potato, onion, carrot, tomatos, spices, greenery	
<b>Cream chicken heart</b>	130 g
chicken heart, onion, cream, sour cream, flour, spices, greenery	
<b>Chicken kebab with vegetables</b>	90/70/40 g
chicken fillet, cucumbers, tomatos, onion, spicy tomato sauce	

## Garnish

<b>Stewed cabbage</b>	130 g
<b>Mashed potatoes</b>	130 g
<b>French fries</b>	100 g
<b>Buckwheat</b>	130 g
<b>Rice</b>	130 g
<b>Spaghetti</b>	130 g
<b>Steamed vegetables</b>	130 g
<b>Bread</b>	30 g
<b>Cheese buns</b>	1 pcs
<b>Cranberry juice</b>	200 g
<b>Sea buckthorn juice</b>	200 g

## Sauces

<b>Sour cream</b>	25 g
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<b>Mayonnaise</b>	25 g
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