### KOZAK KORNER

Friday, Apr 6, 2018

Newsletter Issue #30





#### **SCHOLARSHIPS**

Our scholarship application window is open from April 6th to the 20th.

If you would like to apply for a scholarship for the next 2018-2019 school year, please go to our school website:

#### 

And fill out the scholarship application form located under the "Admissions" tab:



## UPCOMING EVENTS

#### **April**

9-13: Spring Break

19-22: CEESA HS Math

20: School Photo

20: School Safety Day

20: Earth Day

20: SecStuCo - "What Happens in

Vegas"

23: MAP Testing Begins

23-25: Dinternal Book Fair at KIS 26-29: CEESA MS Knowledge Bowl

27: The Trashion Show28: PTO 30's Dance

#### May

1: Labor Day (no school)

2: Status Reports Issued

5: SAT Exam

9: Victory Day (no school)

10-13: CEESA MS Volleyball

**13:** Mothers Project

17: 9yo Play Performance

17-20: CEESA Tennis 25-26: KIS Track Meet



After a long process of trying to get our regular phone lines repaired, we are happy to report that we now have our land lines operational again. This has been a frustrating situation to work through and we really appreciate your patience with this. We will continue to use the temporary school phone numbers as we transition back to our original school numbers.

#### Reception:

+38 (044) 452 27 92

+38 (044) 452 27 93

#### **DIRECTOR'S MESSAGE**



I wanted to wish everyone an enjoyable Spring Break. It has been so wonderful to have the warm weather return, snow melt, and all of the students outside enjoying the sunshine and daylight. Spring truly is a magical and exciting time.

#### 2018-19 SCHOOL CALENDAR

As you may remember, the 2018-19 school calendar was published in December. However, I wanted to inform everyone of an important revision to the 2018-19 school calendar. Two days have been added to the Spring Break (April 29- May 3) for next school year to make it a full week. As a result of this, there have been two days added to the end of the school year, which means the last day of school will be June 20th.

The revised calendar is available on the website and has been designed to look different from the previously published calendar. Please make sure you are using the most current version from our website. The school is also currently working on our printed calendar and plans to have these printed and handed out to all families before the end of this school year.

#### **CLICK TO SEE 2018-19 SCHOOL CALENDAR**



#### **KIS 25th ANNIVERSARY CELEBRATION**

As you may know, Kyiv International School is celebrating 25 years of excellence this school year. We will be celebrating this momentous event on Saturday, June 2nd. Tickets will be on sale at reception following the Spring Break. We hope you will join us for this celebration. In order for us to plan the correct amount of people ticket sales will finish May 1st,

Please see the 25th anniversary invitation for the location and time.

~Mr. Woodruff, Director













#### **Reviving Ophelia**

"On Friday March 30th the high school students of the Kyiv International School presented to their peers from Donetsk region feminist theatrical performance "Reviving Ophelia".

The book "Reviving Ophelia", written by Dr. Mary Pipher and adapted into the a Theatre for young people script by the playwright Cherry Bennett, is an exciting story of four girls who are struggling with aggressive influence of popular culture and looking for their own way.

The play depicts the way of life for girls and obstacles that are on their way to realizing themselves, from the first grade and before the beginning of their adult life after graduation. After the performance teens from the Kyiv International School - QSI and their guests from Donetsk region discussed the key issues which women and girls face in Ukraine, referring to the story of the heroines of the "Reviving Ophelia". During the discussion, young people raised such topics as feminism, sexism, and violence against women and girls.

The premiere was held in partnership with Kramatorsk City Council and the Kyiv International School, within UN Women-UNDP Joint Programme "Restoration of Governance and Reconciliation in the Crisis-Affected Communities of Ukraine", funded by the European Union in Ukraine."

Quote Taken From The UN Women in Ukraine's Facebook Page

Four of our secondary students (Maryanna, Stefania, Alina and Maryna) helped facilitate the discussion about gender issues and inequity in Ukraine. After the event the cast of Reviving Ophelia gave the visiting students from Donetsk a tour of KIS. It was an incredibly successful event and our students put on a beautiful and moving performance as well as showed how thoughtful and engaged they are during the public forum Kudos and gratitude to all involved.











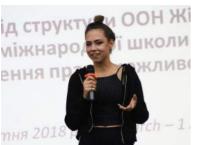


















# \* ELECTION \* 2018 \* 2018 \*

## Think you might be a great candidate for 2018-19 MS StuCO Officer?

- President
- Treasure
- Vice-President
- Secretary

Meet in Miss Spellman's room during lunch 11:40 AM Monday, April 30, 2018



## Spring Time!

Are you ready to enjoy being outside again?

Kick winter to the curb!
Buy a knitted hacky, sack
to kick around.

When: April 16-20

Where: Lobby

Cost: 30 uah







#### Dear teachers, students and parents,

Dinternal Books is pleased to let you know about our longstanding tradition of holding Spring book fairs at International schools in Kiev.

We will have a huge range of books on offer. New encyclopedia editions, the latest best sellers for teenagers, chapter books and board books for younger readers will all be available to buy. We're also bringing a wide range of crime fiction novels and the newest film tie-ins for teachers and parents.

The titles we are bringing include the series of the Wimpy Kid books, the 'Miss Peregrine's Home for Peculiar Children' series and last but not least, the exciting new Harry Potter book, 'Harry Potter and the Cursed Child'.

We would like to let you know that we are unable to put any books aside for later purchase due to the limited number of copies available, so please bring your purse with you on the day. Also the purchased books can not be returned.

The book fair will be held on 23<sup>rd</sup> 24<sup>th</sup> and 25<sup>th</sup> April from 8-30 to 16-30

Our team can't wait to see you all. Don't forget to visit us and grab your very special book!

Best regards, Your Pearson Dinternal Team



#### **ELEMENTARY SCHOOL**

#### **Elementary Swimming Competition**

During this week, April 1-7, 8-10 y.o. students were competing in a swimming competition. A competitive environment for our students provided the chance to develop proper stroke techniques while having fun and making friends.

8 y.o winners are: 1st place Uliyanov, Lev 8N and Kobylyns`ka, Tetyana 8P, 2nd place Stepanov, Mykhail 8N and Pashchenko, Elizaveta 8P, 3rd place Lezhnin, Stepan 8N and Karasiewicz, Austyn Skye 8N.

9 y.o winners are: 1st place Baydokha Jensen, Nicolai Christian 9F and Kravchenko, Gloria Gordana 9S, 2nd place Galushchenko, Maksim 9C and Wilson, Avery Catherine 9S, 3rd place Kwon, Yigeon 9F and Jang, Yushin 9T.

10 y.o. winners are: 1st place Zadiraka, Mykola 10B and Bodnaruk, Veronika 10H, 2nd place Firtash, Dmitry 10Z and Molchanova, Sofiia 10Z, 3rd place Fisher, Sergey 10F and Pashchenko, Sofia 10B

Congratulations to all winners, all the students who bravely swam, and big THANK YOU to KIS family for support and help in the organization of this competition.

Top 4 swimmers of each age will participate together with MS/HS swim team in annual swimming competitions organized by French School "Anne de Kiev" on Saturday, May 19. As part of a competitive team, our students can learn the importance of hard work and have the opportunity to practice positive sportsmanship skills.















#### Paskha Baskets

For more than seven years now, the seven year old classes have been learning about the Ukrainian art of egg decorating and making paskha (which is Ukrainian Easter bread). The students went in groups to the cafeteria. The first day they made the bread and the second day they decorated the bread and eggs. In our international school, students, regardless of nationality or beliefs, can learn about the culture of the country in which they live. I am thankful for our seven year old teachers that help our students learn about traditions in Ukraine. It allows our students to learn about the world around them in concrete hands-on ways.











#### **Bandura**

The bandura is one of the most famous traditional Ukranian instruments. On Wednesday 18 April at 13:15, in our school auditorium, we have the privilege to have Roman Hrynkiv and Larysa Dedyukh to present and perform a variety of musical numbers using the bandura and voice accompaniment. Roman Hrynkiv is one of Ukraine's most prominent and leading solo bandura performers as well as a professor at Tchaikovsky National Music Academy of Ukraine. As well as perform, he has designed and created his own type of bandura which he will share. He and Larysa Dedyukh will present to our elementary students ages seven years old and older this fascinating Ukranian instrument along with some history into the creation of the bandura. We are fortunate indeed to have the opportunity to invite such an experienced musician to teach our children about Ukrainian traditional stringed instruments.



#### **Session 4 of Elementary Activities**

Parents,

Session 4 of Elementary Activities is right around the corner.

Session three ends Friday April 6th. Please follow the link on the **Elementary Activities information page** to see what will be offered this session. Only the activities that have teachers names beside them will be offered.

You may sign up for Karate each session but we ask that you only sign up for one day each session so others have the opportunity to sign up as well.

The sign up session will begin on April 16 at 7:00pm. Please remember to select 2 activities. Those involved in Scouts and Guides will already be signed up as these are year long activities.

Session 4 will begin on April 24 and only those students who have signed up will be able to participate so please make sure your child is signed up.

The sign up window will be open until April 30 so that changes can be made. If there are not enough students signed up for an activity it will be cancelled and students will be given a choice of new activity.

Please take a moment to make sure you are able to log into your moodle accounts before the end of the week. If you need assistance please contact the moodle help desk at moodlehelp@ukr.qsi.org.

If you have any questions please contact Marty Curry at martin-curry@ukr.qsi.org

Happy Holidays.

#### **MIDDLE SCHOOL**



#### SECONDARY SCHOOL

This year's Media II team has just completed the building of this year's incredible silver anniversary yearbook.

A hard working group of 11 class members and four of freelancers have spent thousands of hours creating a beautiful 200 colour page, hardcover work of art. It is finished!! It is is a testament to the many different amazing things that make KIS so spectacular.

Last year's yearbook was one of THREE in Europe to get an honourable mention for its layout and design. This yearbook builds on that success and has even more of what you the KIS community have asked for. KIS Administration, Teachers, coaches, and students have shown up, smiled, written quips, answered questions and cheerfully co-operated to help us build a book as powerful and proud as our Kozak Nation. It is Clean, Clear, Professional and a true whole school effort. Thank you all so much!! Now we get to share it with you, Our KIS Community.

The price for one yearbook as of April 07th is \$60.00USD.

Books can be purchased at reception with USD, UAH, EURO or using your internal account. They will be delivered mid-June.

We have ordered 300 yearbooks and over 100 of those are already sold...so please do not delay, they are going











#### **ACADEMIC RIGOR**



#### **IB MOCK EXAM WEEK**

17 subjects, 15 exams sessions, 12 exam papers, 5 days = 23 exhausted IB candidates. Last week, the students enrolled in IB classes, at Kyiv International School, spent the week taking their mock exams. These practice exams are designed to help students and teachers identify strengths and weaknesses in skills and content and the work productively in the next month to fill in the gaps. The IB Exam Session for May 2018 starts on April 30th.

The exam schedule can be found here: http://www.ibo.org/contentassets/7f6c7681e0b34fc8b0541c1229c7521d/dp-cp-exam-schedule-may-2018-en.pdf

#### **SPORTS**



The KIS MS/HS Track and Field Team would like to invite the KIS community to join them as they take part in the 8th Nova Poshta Kyiv Half Marathon.

The race will take place on Sunday April 22 at 11:00 and there will be a variety of distances available for the whole family.

Distances: 21 km, relay race 10 km+11.097km, 5km, 2km, 1km kids, 500m kids, 100m kids

KIS would be happy to help you take part in this event. If anyone needs help in registering for this event please contact either Coach Lily at liliagorbatenko@ukr.qsi.org or Marty Curry at martin-curry@ukr.qsi.org.

Follow the link below for more information. https://vseprobegi.org/en/race/570

Hope to see you there.

#### KIS COMMUNITY ACTIVITIES PROGRAM

#### World Autism Awareness Day 2018

The month of April has been designated by the United Nations to bring attention to Autism, especially the challenges faced by women and girls on the Autism Spectrum. The KIS Community participated in 'World Autism Awareness Day' by wearing t-shirts to promote awareness, acceptance, and advocacy for those with Autism. People with Autism primarily experience and react to the world through their senses, but may also have difficulty communicating with others or reading social cues. Worldwide, many people with Autism are denied an education, proper health care, or shunned from community activities.

Every person with Autism is unique and wonderful just like every person without Autism. The KIS community recognizes that 'It's **good** to be **different**!' whether due to autism, being good at math, or being an athlete.

As we pointed out last month with our 'Month of Tolerance', let's have the KIS community be supportive of one another and treat one another with kindness, patience and respect.









#### **Support Staff Appreciation Day**

#### **GREAT TEAMWORK!**

The Success Orientation Committee and Ms. Spellman's Middle School Student Council got students and parents together and prepared a feast for our wonderful support staff.

It was a great event, full of happiness, gratitude, joy and laughter.

Families brought in treats, drinks, and donations. We were able to give out gift bags to each individual. Different classes made thank you cards and wrote thank you letters to everyone.

After the event the remaining items were collected and given to each department. The maintenance, drivers, security people got supplies of coffee, juice and cookies for the coming weeks to enjoy.

We are very thankful for the wonderful staff we have, and the joined effort of parents, students and teachers to make this all happen.

#### Together we are so much more!







nounk

















#### Looking to get some exercise or meet new members of our KIS community? Drop into one of our KIS Community Activities. Activities available for all ages.



Day	Activity	Time	Location		
Monday	Elementary Dance	15:45- 16:45	MPR		
	Yoga	17:30 - 18:30	MPR		
Tuesday	Fitness	16:15 – 17:30	MPR		
	Elementary Soccer	17:45 - 19:00	New Gym		
	Elementary Basketball	17:45- 19:00	Old Gym		
	Self Defense Classes	19:00 – 21:00	MPR		
Wednesday	Elementary Dance	15:45- 16:45	MPR		
	Adult Volleyball	15:45 - 19:00	Old Gym		
	Yoga	17:30 - 18:30	MPR		
	Ballroom Dancing	19:00 – 21:00	MPR		
	Pickleball	19:00 – 22:00	Both Gyms		
Thursday	Fitness	16:15 – 17:30	MPR		
	Elementary Soccer	17:45 - 19:00	New Gym		
	Elementary Basketball	17:30- 18:30	Old Gym		
	Self Defense Classes	19:00 – 21:00	MPR		
Friday	Elementary Dance	15:45- 16:45	MPR		
Saturday	Fitness (Aerobic)	10:00 - 11:00	MPR		
	Fitness (Stretching)	11:00 - 12:00	MPR		
	Ballet Dance Class	12:00 - 1:30	Theater		
	Family Karate (4-8yo)	12:00 - 13:00	New Gym		
	Family Karate (9-13yo)	13:00 - 14:00	New Gym		
	Self Defense Classes	19:00 – 21:00	MPR		
Sunday	Pickle Ball	10:00 - 14:00	Both Gyms		
	Adult Basketball	18:00 – 21:00	Old Gym		
	Ultimate Frisbee	09:30- 11:00	Field		

Parents, please note that elementary students are not to stay at school unsupervised on Tuesday and Thursday waiting for Basketball or Soccer activities. Thank you for your understanding.





#### PTO 30's Dance

The biggest social event of the year that draws hundreds of people.

Saturday, April 28

Details to be revealed.

Tickets to follow.

TENNIS + BADMINTON =

## PICKLEBALL

THE FASTEST GROWING SPORT IN KYIV



#### **UKRAINIAN PICKLEBALL ASSOCIATION**

WEDNESDAY NIGHTS 7:00PM TO 10:00PM SUNDAY MORNINGS 10:00AM TO 2:00PM

KYIV INTERNATIONAL SCHOOL

### SWIMMING LESSONS

WANT TO LEARN OR IMPROVE YOUR SWIMMING SKILLS?

JOIN THE ELEMENTARY SWIMMING ACTIVITY AT KIS!



#### **JUNIOR SOCCER LEAGUE AND TRAINING SCHOOL 2018**

Kyiv Junior Soccer League & Junior Soccer Training School is coming up! Inaugural games and practices will be played on Saturdays at KIS, starting from April 21, 2018. The goal of this developmental league and training school for players (boys and girls under 11y.o) is to have FUN and improve their soccer skills while engaging in a sport they enjoy. We are planning to have 8-10 players per team for League and 25-30 players for Training School. Junior Soccer League and Training School will consist of six Saturdays (see schedule on website). All soccer league participants will receive medals. This season we will try to use field for 2 hours only. The League and Training School will be run by Mr.Prima. Please feel free to approach Mr.Prima with any concerns, comments or questions you may have.

#### **Dates:**

April 21, 28, May 05, 12, 19, June 02, 2018

#### Cost:

Training school \$30 League/games \$50 (for all six Saturdays)

Click here for more details

Please NOTE, the DUE DATE for registration is April 18, 2018 anatolyprima@ukr.qsi.org • viber (093) 207 48 90

## SUMMER CAMP 2018 4 weeks

The twenty first annual International Summer Camp in Kyiv for children ages 3-12 will be held at Kyiv International School (KIS), Svyatoshinskiy Proulok 3-A. The camp will begin June 25 and end July 20 and will run 8:30 a.m. – 3:00 p.m. Monday through Friday. We have lots of activities planned, so get ready for fun! Each day at camp will bring something new:

Crazy Hair Day, Twin Day, Mini-Olympics, Friday's shows, food festivals, cooking classes, treasure hunts, water fights, movies, swimming, sport clubs, art/craft activities, and competitions! Art, dance, and self-defense lessons, fun with English sections, and guest performances add to the fun. Starting the second week (July 2 –July20), we are adding Sport Group for children ages 7 and up for those who love sports and have a lot of energy. The Sport Group program will include swimming, Martial Arts, basketball, soccer, baseball, long jumping, racing, and fun sections. The cost will cover all activities plus two snacks, drinks, and a lunch.

For more information, please contact Olena Petrenko: olenapetrenko@ukr.qsi.org • (050) 550 26 36

#### SUMMER SPORTS CAMP 2018 (5 DAYS)

Summer Soccer/Basketball/Swimming/ Skating and Bowling Sports Camp is a high quality camp for boys and girls from ages 7-11. Through camp activities, children will improve their skills, build confidence, and make new friends. This is the best place to become a better player.

#### Camp Director:

KIS- P.E teacher/coach Anatoly Prima



anatolyprima@ukr.qsi.org

093-207-48-90 or 050-781-21-41

<u>Dates:</u> June 25-29 (5 Days only) <u>Location:</u> Kyiv International School

Cost: \$250 one week session and includes water, snacks, lunches, certificate, medals, field trips with activities, a camp T-shirt and Pizza Party or (\$50) per day with lunch.

#### Daily schedule:

8:30-8:50 Drop off

9:00-9:10 Morning Instructions & Stretching

9:10-10:00 Soccer teaching and skill development stations

10:00-10:15 Snack

10:15-10:35 Skills contests with prizes

10:35-11:45 Scrimmages/league play

11:45-12:45 Lunch + mini activities: chess, checkers, pingpong etc.

12:45-13:45 Basketball drills & skills development stations

13:45-14:45 Team basketball games or swimming (optional)

14:45 - Second snack

15:00- Pick up

Bowling on Tuesday and Thursday after lunch

Aqua park on Wednesday

Ice Skating on Friday













### IWCK in the Spring Never too late to join



#### Weekly Interest Group Schedule

Monday: Coffee Chat, Ceramics, Japanese Conversation

Tuesday: Food delivery, Mahjong, baby group, English Conversation

Wednesday: Ceramics, sewing & Knitting, singing

Thursday: Pysanka for Beginners, Turkish cooking,

Friday: walking group, movie group

www.IWCK.org

#### **Classifieds**

#### **English Speaking Professional Driver**

Professional driver (categories B,C,D) with 26 years of experience is looking for a job. Previously worked for VIP families and diplomatic mission. Safe driving, punctual, executive, patient. Vitaliy (067) 239 73 34

**Driver Available.** Driver BCD category, 24 years of experience, speaking english, have experience of driving VIP cars as private driver, have a family, very industrious and punctual, have own car (098) 975 01 22

#### Personal driver, family driver available.

Personal qualities: safe driving at a high level, ability to store confidential information, punctual, responsible, executive, patient, disciplined, tidy, attentive, careful. A, B, C, D categories driving license. (097) 796 89 51, Mykolaychuk Sergey, currently live in Obukhiv, Kyiv region.

#### **Andriy Hryschenko, PhD in Economics,**

experience also includes: Ministry of Foreign Affairs of Ukraine, Ukrainian Parliament, etc. Tutor in Economics, International Economics, Science, English, Geography, Math, etc. I am a substitute teacher in Kyiv International School (QSI).

From September 2017 till now at Kyiv National Vadym Hetman University of Economics in a position of the Associate Professor in the Department of International Economics.

+38 (067) 110 87 26, hryschenko@ukr.net

#### Tutor available after school.

Reading, writing, help with homework. For details please contact (093) 907 39 66

Teacher of Russian and Ukrainian to foreigners. Education: Kyiv National Taras Shevchenko University, Veliko Tărnovo University (Bulgaria) Faculty of Slavonic Philology. Experience: a teacher of Russian for foreigners in NAU (National Aviation University, 10 years). At a moment I teach Russian and Ukrainian languages to embassy staff in Kiev. Knowledge of foreign languages: English, Bulgarian. Contact: Natalya ngordieieva@gmail.com

#### **Amazing nanny available soon!**

Natalia worked for my family for 2,5 years, has years of experience with expat and KIS families (recommendations available). First Aid trained, punctual, kind, amazing with children; I trust her fully. Excellent cook and keeps the house clean.

Her cell: (097) 239 71 17

my contact: valentyna.rader@gmail.com

#### Housekeeper, professional cleaning,

recommendations available. I will be happy to cooperate. Kristina (099) 314 28 82

Nanny Larissa Zaleska is looking for a babysitting job. She has worked as a nanny with American and European diplomatic families. She speaks Russian, Ukrainian and basic English. About 20 years working experience. Larissa worked with newborn children and children of preschool age. She is honest, enthusiastic reliable maintains excellent relations with people. Larissa looking for a fulltime work, or part time. Her cell number +38 (067) 465 70 81

**Dance Classes** @ **KIS:** Dear parents with great privilege, I invite your children to dance classes.)) If your child has passion for dance and would like to try .. Join us in Multipurpose room:

- 1) Monday and Wednesday, 15.45 16.30 (4-6 years old)
- 2) Tuesday and Thursday, 15:35 16:15 (6-12 years old)
- 3) Friday, 15:45 16:30 (6-12 years old) Nadia Mandryka (095) 687 69 30

If you are part of the KIS community and would like to contribute a short article (60 words or less) without pictures (in English ONLY) to upcoming newsletters, please contact Victor Mameshyn at: newsletter@ukr.qsi.org. Please make sure that your ad is sent no later than Wednesday 12:00 pm. Anything later than that will be included in next week's newsletter. All ads need to be in English!!! (Times New Roman, size 9). If you wish for your ad to be repeated, please send me an e-mail with the full ad every time/week. Thank you for understanding.











Dear parents! If the child is absent you can cancel that day's lunch if you inform administration before 9:00 on www.admin@kfncatering.com. Recalculation of lunch payment is made in that case. This rule applies only for monthly subscriptions. Be bright, eat right!

		15/			TUN Zinga	7	$^{\prime}$				/////
	Propries and Control		9000	ich 10:50 to 14:00			-	Serve Serve		PRESCHOOL	
Breakfast Snackbar 7:45 to 10:00	1'st Snack (first break)	MENU 1	MENU 2	DIET	FISH & VEGETARIAN MENU	SALAD BAR MENU	Set Menu	2'd Snack (second break)	Breakfast 9:00	LUNCH 12:00 to 12:40	2'd Snack 14:30
		A)	5th School	ol Week of the	e Month					46	5
				MONDAY			F		8	1571kcal	Į.
Muesli & Yogurt	Muesli Bar	Cheesy Chicken Balls	Stewed Veal (paprika)	Steam Cutlet (veal)	Fish with Special Sauce	Tomatoes Cucumbers	Cheesy Chicken Balls (80or)	Mozzarella	Yogurt Fantasy	Cheesy Chicken Balls	Chocolate Cookies
Ham & Cheese Bread & Buns &	Cheese	Pasta Bulgarian Sopsky	Rice	Barlev Porridge	Schaffhausen Onion Tart	Assortment of Green Salads	Rice	Baquette	Apple	Pasta	Compote
Pancakes Omelet & Edds	Paprika Cucumbers	Salad Minest	Sled Cabbage Salad	Soup Soup	Grilled Vegetables Minestrone Soup	Eags Onion Rings	Corn Fruit	Tomatoes Lettuce	Carrots	Broccoli+ Eqq Minestrone Soup	
Fruits		White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Celerv	White Bread	Grapes		Bread	
Vegetables	Plums	Green tea with Lemon	Juice	© Compote	Compote	Beet Sticks	Water	Juice 0,2		Juice	
Juices & Tea	Juice 0,2	Chocolate Cookies	Yoghurt	Fruit	Chocolate Cookies	Corn			243kcal	797kcal	531kcal
				TUESDAY						1189kcal	
Muesli & Yogurt	Crackers	Chicken Plov	Meat Balls with Tomato Sauce	Chicken Fillet Wheat Porridge	Steak fish	Tomatoes Cucumbers Assortment of	Baked Turkey Breast (80gr)	Fresh Cheese	Cheese	Chicken Fillet Wheat Porridge	Muffin
Ham & Cheese	Nuts		Spaghetti	"Artek"	Bioos	Green Salads Scrambled	Spaghetti	Croutons	Crecker	"Artek"	Tea
Bread & Buns & Pancakes	Kiwi	Pasta Salad	Green Salad	Steamed Vegetables	Grilled Vegetables	Eggs Croutons	Tomatoes	Yogurt Rostishka	Fruits/Grapes	Paprika+Peas	
Omelet & Eggs	Paprika	<b>ଔ</b> Bea	ins Soup	Beans Soup	Beans Soup	Black Olives	Fruit	Paprika		Beans Soup	
Fruits		White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Celery	White Bread	Berries		Bread	
Vegetables	Cheese	Mint tea	Juice	Compote	Compote	Carrots	Water	Bonaqua 0,5		Compote	
Juices & Tea	Yoghurt Activia	Muffin	Yoghurt	<b>⊘</b> Fruit	Muffin	Corn			271kcal	676kcal	242kcal
	590 TO 1000	545 40 05400	=0±6	WEDNESDAY	Secretary Productions		WARRY SEE ALL OF			1095kcal	
Muesli & Yoaurt	Pancakes with Jam	Cannelloni with chicken	Riviera Steak	Steamed Chicken Cutlet	Fish with Chili Sauce	Tomatoes Cucumbers	Wiener Schnitzel (80ar)	Cheese Babybel	Yogurt Dino	Beef Cutlet	Bun with apple
Ham & Cheese Bread & Buns &	Apple		Potatoes with greens	Rice	Zrazi	Assortment of Green Salads Cheese	Potatoes with greens	Muesli Bar	Apple	Rice	Juice
Pancakes	Yogurt Actimel	Italian Salad	Salad Stolichniv	Steamed Vegetables	Grilled Vegetables	Croutons	Green Peas+Carrots	Peach	Carrots	Cucumber + Eaa	
Omelet & Eggs	Blueberries	Clear Cl	hicken Soup	Clear Chicken Soup	Green Borsch	Sweet Pepper	Fruit	Celery		Clear Chicken Soup	
Fruits		White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Celery	White Bread	Carrots		Bread	
Vegetables	Paprika	Kissel	Juice	Compote	Fruit Tea	Broccoli	Water	Juice 0,2	-	Compote	
Juices & Tea	Bonaqua 0,5	Eclair	Fruit, Yoghurt	Fruit	Eclair	Corn			201kcal	544kcal	350kcal
				THURSDAY						1340kcal	
Muesli & Yogurt	Cheesecake	Sweet & Sour Chicken	Wellington Beef	Baked Turkey Breast	Milanese Fish	Tomatoes Cucumbers	Chicken Cutlet (80ar)	Sausage Bun	Toast with Cheese	Steamed Chicken Cutlet	Cake "Night & Day
Ham & Cheese	Cucumbers	Rice	Broccoli mix	Buckwheat	Ratatouille	Assortment of Green Salads	Rice	Green Salad Leaves	Apple	Buckwheat	Compote
Bread & Buns & Pancakes	Paprika	Mixed Salad	A	Steamed Vegetables	457650652576583	Eggs Croutons	Cucumbers	Cherry Tomatoes	Carrots	Green Salad Leaves with Corn	(1.504/1.551/5.0
Omelet & Eggs	an Apple	Potatoes cream Soup	Busecca Soup	Vegetable Soup	Potatoes cream Soup	Red Beans	Fruit	Fruits	Paprika	Potatoes cream Soup	
Fruits		White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Celerv Green Peas	White Bread	Bonagua 0.5		Bread	
Vegetables	Bonaqua 0,5	Chocolate Milk	Juice	Compote	Tea with Lemon	Cabbage Carrots	Water			Tea with Lemon	
Juices & Tea		Cake "Night & Day"	Fruit, Yoghurt	G Fruit	Cake "Night & Day"	Corn			245kcal	608kcal	487kcal
				HAPPY FRIDAY						1393kcal	
Muesli & Yoqurt	Banana Cake	Chicken Roll with spinach	Tacos chicken/beef	Stewed Veal	Pan-fried Fish Fillets	Tomatoes Cucumbers	Home Style Chicken (80ar)	Toast with Cheese	Yogurt Actimel	Stewed Veal	Banana Cake
Ham & Cheese	Actimel	Puree		Rice	Gniocci	Assortment of Green Salads	Puree	Cherry Tomatoes	Apple	Puree	Juice
Bread & Buns & Pancakes	Grapes	arrots With Raisins	Salad Starokievskiy	Steamed Vegetables	Grilled Vegetables	Eggs Croutons	Beets	Cucumbers	Carrots/Eggs	Tomatoes	
Omelet & Eaas	Dried apricots		iorsch	Red Lentil Soup	Borsch	Onion Celery	Fruit	Carrots	Pear	Borsch	
Fruits		White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Celery	White Bread	Grapes		Bread	
			-			Red Cabbage			I	I .	I
Vegetables	Carrots	Fruits Tea	Juice	Compote	Fruit Tea	Beet Sticks	Water			Fruit Tea	