

# THE KOZAK'S KORNER



January 27, 2017



## Kyiv International School

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Newsletter Link: <https://www.qsi.org/ukraine/ukr/student-life/newsletter/>

### KNOWLEDGE BOWL HOSTING

Dear Parents,

Thank you to those of you who offered to host the upcoming Knowledge Bowl competition.

Information has been sent to those families who have been selected to host. If you have not received emails this week regarding hosting your services are not required for this event.

Again, a huge thank you to all families who will host or have made their homes available. I can not run these events without you.

Marty Curry,  
KIS Athletic Director

### Secondary Game OverNight Sneak Preview



Look for more pictures in the next issue of the Kozak's Korner!

### Calendar of Events

#### January

28 — Teacher Professional Development Day

#### February

- 1 — PTO Board Meeting
- 1 — KIS Hosting Students from German School Kiev for a day
- 2-5 — HS Math Counts CEESA—Moscow, Russia
- 2-5 — HS Speech and Debate CEESA—Baku, Azerbaijan
- 3 — MS Valentines Dance 6:30-9:30 pm
- 3-4 — Knowledge Bowl CEESA @ KIS
- 4 — PTO Bingo Night @ 5:00 pm
- 15 — University Representative from Ecole Hoteliere de Lausanne visiting KIS
- 20 — NHS Induction Ceremony @ 7:00 pm
- 22 — Parent Teacher Conferences (student led) 8:00 am—5:00 pm
- 22 — 3rd Quintile Ends
- 22 — PTO General Meeting
- 23-24 — February Break—No School

#### March

- 1 — PTO Board Meeting
- 8 — International Women's Day—No School
- 24 — End of Term 2
- 27 — Term 3 Begins
- 29 — PTO General Meeting



# Elementary Korner

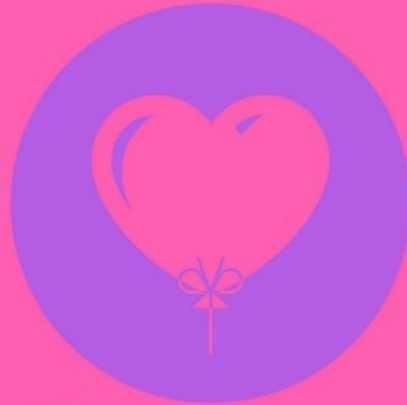
## Winter Holiday Portraits

Dear Elementary parents!

PTO is accepting the orders for the Winter Holiday portraits of your children till the 31st of January, 2017. The order forms were sent to you in December via your classroom teacher. Please leave filled in order forms and the payment at the reception or give it to your classroom teacher. If you have further questions, please contact our PTO Board member Natalie Bondar on 050-3806236.



## Middle School Korner



# Valentine's Dance



February 3rd

6:30 to 9:30 PM

Tickets cost 50 UAH  
buy from Ms. Katie  
before February 2nd

# Secondary School Korner

## 2017-2018 Class Sign-ups

Attention Secondary Parents -IMPORTANT

Students in SI, S2 and S3 were given the 2017-18 class sign-up information in the Advisory Period on Wednesday. Each student received a copy of their transcript. The Graduation Tracking sheets show each individual student which classes are needed for graduation. An email listing the available classes for 2017-18 was sent to each student and is also available on the school web page and Moodle.

- Each student is to add the classes they wish to sign up for to the transcript in the column for the next year;

- Parent(s) will sign the transcript and;
- the transcript is returned to the Secondary Office by Friday, February 3, 2017.

I know this seems early but it gives the school time to make see which classes students want, make the schedule and make certain there are teachers trained to teach the classes.

If you have questions or concern, please contact the secondary office for assistance.

-Susan Kilby, Secondary Counselor

## University Representative Visit

Attention Students/Parents,

On February 15, at 12:25 (Period 6) a representative from Ecole Hoteliere de Lausanne will visit KIS for a presentation and information session about this university. Make plans to attend and learn more about attending this university. For more information, contact the guidance office.



## Euromaidan Walking Tour

On Friday, February 2, 2017 - Secondary I-IV students will spend the day learning about the events of the 2014 Euromaidan Protests. Leaving school at 8:45am - students will be transported to the Ukraine House where we watch a screening of the documentary "Winter on Fire" which traces the timeline of the protest. After the film - we walk to the National Museum of the History of Ukraine and view the photo exhibit "Maidan: more than life and death". From the museum we walk to Maidan Nezalezhnosti and experience up close the epicentre of the protest. Taking a break from the tour - students eat lunch in the Globus Mall Food Court. Students have the option to bring a free packed lunch provided by the school or to purchase their own lunch from the Globus Mall Food Court. To receive a free packed lunch - students must reserve it via a google form sent to their school email account. After lunch - students will walk up Heroyiv Nebesnaya Sotni Alley, on to Verkhovna Rada, and then finally to Mariinsky Park. At each stop we will discuss events that occurred during the protest. Students will be transported from Mariinsky Park back to school. Students should dress appropriately (warm clothes!) as we will be outside for a good portion of the day. Students should also bring a backpack to carry their packed lunch and additional clothing layers.

Please note - the focus of this field trip is non political and will focus solely on the human aspects of Euromaidan. For questions - parents can contact Mr. Conover at [david-conover@ukr.qsi.org](mailto:david-conover@ukr.qsi.org)

## IB/AP Korner

Ms. Jancosko's IB English I is currently reading Shakespeare's Othello, and students enjoy acting out scenes in class, in addition to textual analysis. The students recently completed a unit on Language and Power, which, according to Sanya Nar, "has been a real eye-opener because we are learning how language influences the world."



# National Honor Society Korner

## NHS to Install New Members

Induction of new members is the top priority in January and February for the KIS Chapter of National Honor Society. The process began 16 January when Secondary 2, 3, and 4 students with a 3.5+ cumulative high school grade point average were contacted by Advisor Michael.

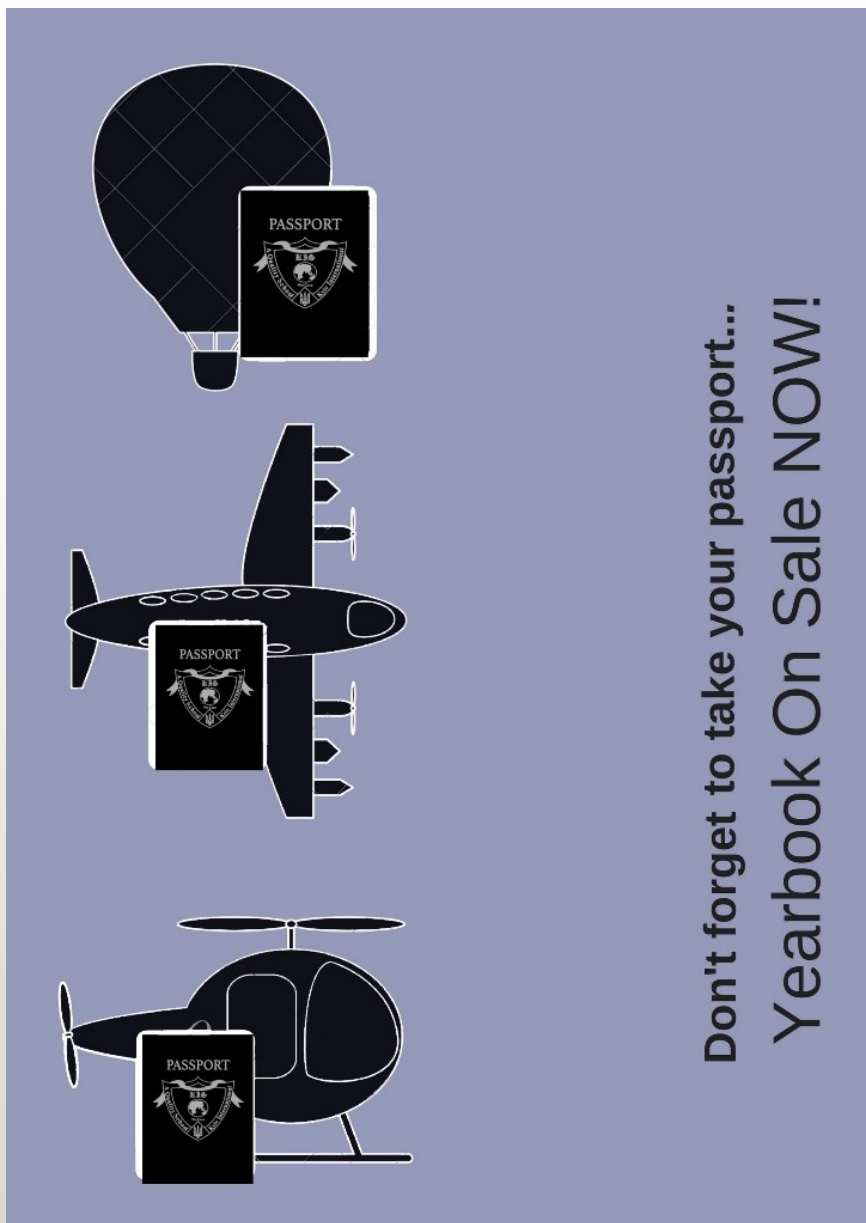


Students who responded to that contact by the 20 January deadline are now preparing candidate materials to be reviewed by a council of five teachers. The hope of receiving an invitation to membership hinges on the match between candidates' achievements and the NHS standards of outstanding scholarship, leadership, service, and character.

Candidates will not need to wait long for the answer because Monday, 30 January, is the deadline to submit their materials, and invitations to membership are expected 09-10 February. The special ceremony to install those who are invited to membership is Monday, 20 February, at 7 p.m.

## Yearbook Korner

### Yearbooks on Sale



This years Yearbook "Destination KIS"  
Is NOW ON SALE at reception.

A 100% student created work of art!

200 beautifully laid out color pages.

Hilarious quotes, captured memories  
and thousands of spectacular photographs...

Professionally built to last  
and to be enjoyed for decades to come.

If you buy now you get a special  
"Friend of KIS" rate.

Supply is limited  
so don't miss out  
purchase yours today.

\$70.00 before spring break

\$75.00 after April 14th.

# PTO Korner

## Letter from the PTO President

Dear KIS Community,

One would think that January is a quiet month, but with preparations for BINGO and our January General meeting, the PTO has been very busy!

We would like to thank our speakers this month, Zoya Khimich and Daniel Burke for presenting the charity work they are active in here at KIS and how their program's work. They described the problems and challenges they face when organizing their annual collections and distributions and they also informed about volunteer opportunities here in Kiev to get involved in volunteer work. If anyone in KIS is interested in volunteering a few hours a week in an organization in Kiev that is seeking help please contact Mr. Burke or Ms. Khimich.

We would also like to extend a warm welcome to our new students and parents, and we hope you will contact the PTO with any questions at all.

Please save the date Sat. Feb 4 for BINGO night, the most intensive family fun packed night per year! Get your tickets while they last, the more you buy, the higher the chances to win! We have wonderful baskets and prizes, see you there!

Cheers,  
Ann Ferm  
PTO President 2017

## PTO Bingo Night

The graphic is a collage of colorful boxes and images. At the top left, a red box says 'FAMILY BINGO NIGHT'. To its right, a yellow box says 'SATURDAY FEBRUARY 4'. Below the red box, a pink box says '5:00 PM'. To the right of the pink box, a teal box says 'COME AND JOIN US FOR A NIGHT OF SUPER FUN'. Below the teal box, a white box says 'HOSTED BY THE PTO IN KIS CAFETERIA DOORS OPEN AT 4:30 - COME EARLY TO BUY FOOD'. At the bottom left, a green box says 'VALUABLE PRIZES PLUS RAFFLE'. Below the green box, a blue box says 'PRICE OF TICKET 150 UAH/PACKET (4 CARDS/8 GAMES)'. On the right side, there are images of bingo cards and balls, including a red ball with the number 21.

Dear KIS community!

Bingo Night is coming -  
do join us for this fun event!

**Bingo Tickets sale takes place EVERY SCHOOL DAY 2-30 to 4 p.m. in the Lobby.**

**Order the tickets online if unable to come during sales time. Just follow the link:**

<https://docs.google.com/forms/d/1FAIpQLSdtCaFfMVzVYy6F69dJNiy7aR2RzrkNZ-SQpINDHzuM6KRd7g/viewform>

Hurry! Number of seats are limited

by our Cafeteria capacity, and based on the experience of last years event, tickets sell out very fast.

## Sports Korner

### HS/MS Basketball Schedule

Dear Parents,

Here is the link to this year's MS/HS Basketball Schedule. The format this year will be a google document that we hope is easier to read, and find. Please note that this is a working document and changes will occur throughout the season. If you print a copy those changes will not be noticed come game time so please refer to the online document only.

[https://docs.google.com/a/ukr.qsi.org/document/d/10NNZuyR5w9qmhk-iEhs1E2s0pxyowm0\\_WmoZ0iSmKqM/edit?usp=sharing](https://docs.google.com/a/ukr.qsi.org/document/d/10NNZuyR5w9qmhk-iEhs1E2s0pxyowm0_WmoZ0iSmKqM/edit?usp=sharing)

You will see location maps at the end of the document in case you would like to show your support for our teams on the road.

Thank you for your support.

Marty Curry

# Junior Basketball for 7-10 Year Olds

Dear Parents,

There will be no Junior basketball this Saturday. The KIS teachers will have a Professional Development Day on Saturday 28 January.

Anatoly Prima  
Junior Basketball Coordinator

093-207-48-90

Dates: February 04, 18, March 11, 18, 2017.

## January Calendar 2017

## February Calendar 2017

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14 Basketball #1
15	16	17	18	19	20	21 Basketball #2
22	23	24	25	26	27	28 PD-Teachers working day (No basketball)
29	30	31				

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Basketball #3
5	6	7	8	9	10	11 KSSL Basketball Finals (HS+MS)
12	13	14	15	16	17	18 Basketball #4
19	20	21	22	23 February break	24 February break	25 February break
26	27	28				

## Saturday Volleyball Practices

Dear parents,

Hello! My name is Asami Terajima from Secondary III. I will be coaching weekly Saturday Volleyball Practices starting from January 14th. It will be from 2:00 to 3:00 P.M. for 8,9, and 10 year olds, and 3:00 to 4:00 P.M. for Middle School in the Old(red) Gym at Kiev International School. It will be free, and your child/children need(s) to be well dressed for physical exercises. Please contact the email address below if you are interested, because we will not have a practice on February 4th or 11th since the gyms will be busy.

What?	Saturday Volleyball Practices (Boys and Girls)
Where?	Old Gym (red gym) at KIS
Who?	Asami Terajima and 3 assistants (Elizabeth, Maxim, and Maryana) from High School
When?	2:00 ~ 3:00 P.M. on Saturdays from January 14th
What to bring?	Water (for hydration) and athletic wear
Cost?	Absolutely FREE!



About me:

I have extensive experience in sports from participating in school athletics every season, in addition to playing outside of school. I believe it is very important for children to participate in sports not only to stay healthy, but also to build up team-work. Volleyball is an excellent sport to bond with team mates and establish connections with others. The exercises will be appropriate for their age, though I encourage going above and beyond what is expected. It would mean so much to me if your children can join the practice. I am planning to start with basic physical exercises, and then begin with drills to develop techniques.

If you have any questions, please feel free to contact me.

Sincerely,

Asami Terajima

Phone Number: +380 (50) 666 82 06

Email Address: [s\\_asami\\_terajima@ukr.qsi.org](mailto:s_asami_terajima@ukr.qsi.org)

# Classifieds

*Classified advertisements are provided as a service to the community. They are not vetted or directly produced by Kyiv International School, and KIS does not guarantee the quality of these products or services. In addition, KIS cannot be held liable for any damages encountered as a result of the products or services in these advertisements.*

**Gardener Available. Paul, 24. Biologist. Kyiv National University.** Studied plants and landscaping. **Experienced in:** - planting and cultivating plants, flowers and trees// - operating vehicles and machinery to perform all types of tasks// - setting irrigation systems and maintaining greenhouses// - making repairs// - ecological activity. **+38(099)-128-81-21**

**House/Apartment Renovation Services.** Trustworthy, hardworking. Will get any job done. Anything from dry wall, painting, wall-papering, electricity, heated floors, etc. to built-in furniture and things that need to be fixed around the house. Fluent in English, Russian, Ukrainian. Please call Vadim at: 098-777-3554

**Experienced tutor for elementary and middle school students Available.** Familiar with the QSI Curriculum. . Please call 063 563 8090.

**Experienced Tutor for:** Middle and High school Mathematics, Physics, and Chemistry. Also can help with English and Spanish. Familiar with the QSI Curriculum. Please call: 095-216-2874 (Mr. Ivan Salazar)

**Piano Lessons - for children and adults.** 30 year Expiriens from 5 year and older. Contact: [050 6145017](tel:0506145017), [e-mail:vshtepa@online.ua](mailto:vshtepa@online.ua)

**Babysitter/Housekeeper is available.** Professional, responsible and trustworthy. Great with kids of all ages! Also can help with education, housekeeping (grocery shopping, cooking, cleaning, laundry, ironing). She has several years of experience. She speaks Russian and Ukrainian. English translation is possible. Contact Olga 096 499 60 36.

**Reliable Housekeeper/ Cook or Nanny Available.** Lyuba is a hard-working, responsible and diligent person. She is a 41 y.old mother of three daughters and knows how to take care of the kids and the house. Lyuba grew up in a family of the priest and is an honest person. She speaks Russian & Ukrainian. You may contact Lyuba at 068 980 42 69. For more info in English, please call Ksenia: 063 856 33 48

**Babysitter/Housekeeper is available.** Professional, responsible and trustworthy. Great with kids of all ages! Also can help with housekeeping (grocery shopping, cooking, cleaning, laundry, ironing). She has several years of experience. She speaks Russian and Ukrainian. English translation is possible. Contact Tatyana at 098-432-1500.

**Nanny/Babysitter/Substitute Nanny, Tutor.** Cook/Housekeeper/ Cleaning lady /Substitute if needed. I have almost 10 years of experience working for expat's families. I am a responsible, reliable, kind and positive person. Can also take care of your pets and plants. I speak Ukrainian, Russian and fluent English. University degree. Full or part time job is considered. References upon request. Please contact me by e-mail: [ovi55@ukr.net](mailto:ovi55@ukr.net) or phone : 093 862 66 32. Olga

**Housekeeper Available.** Reliable, trustworthy, hardworking. Will help with anything that needs to be done. Fluent in English, Russian and Ukrainian. Has experience working with KIS Families. Please contact Natasha directly: 096-960-1797 or 066-133-6473.

**Housekeeper Available.** Experience 2 years. Responsible, punctual. Happy to be useful. Tetyana 098 124 00 28.

**Nanny/ Babysitter Available.** Larissa Zaleska looking for a babysitting job. Over 18 years experience with American families, and worked in a German family. Worked with newborn children and children of preschool age. Larissa is honest, enthusiastic and reliable. She speaks some English and fluent in Russian and Ukrainian. Larissa is looking for fulltime work, or part time work. Cell 067 4657081.

**Nanny/ Housekeeper.** 0993142882 Kristina.

**Housekeeper Available.** Ilona 096 96 20 437.

**Housekeeper Available.** Oksana. tel.0992229753.

**Driver Available.** Own car. 0637669666 Danylo.

**Family driver** is looking for a job. I have 13 years of experience, including 5 years as family driver. Responsible, punctual, know the city well. I have a recommendation letter. Languages: Russian, Ukrainian, and basic English. My cell phone number is 0984685350

**Driver Available.** BCD category, 23years of experience, speaking English, have experience of driving VIP cars as private driver, have a family a little son, very industrious and punctual my phone 0951012987.

**Personal/Family driver available.** 5 years of experience. Calm and accident-free driving. Ukrainian, Russian, English with a dictionary. Ready for trips out of the town and across Ukraine. Car: Toyota Corolla 2006 or yours. [+380935594667](tel:+380935594667), [sola\\_sistim@ukr.net](mailto:sola_sistim@ukr.net).

**Bodyguard/Driver Available.** I am responsible, reliable, trustworthy and hardworking person. Have experience of driving ABCD category over 6 years, including VIP cars. Working in families as a private driver and bodyguard. Without bad habits. Speak Ukrainian/ Russian – fluent, English – basic. Have a family and a little daughter. Dima (068) 402-83-93 or [mostovenko7@gmail.com](mailto:mostovenko7@gmail.com)

**House for Rent** in Nyvky area, 10 min driving to KIS, Sherbakova street. Fully furnished and equipped, 4 bedrooms, 2 bathrooms. 5000 usd + tax (in case of bank transfer). No commission from Tenant. // Pechersk area, Tsar's village, Reuta street. House 470 sq.m., 5 bedrooms, 4 bathrooms. Unfurnished, fully equipped. First floor – kitchen, big living room with fire place, dining room with terrace, wardrobes, bathroom, washing room. Second floor – 5 bedrooms, 3 bathrooms, wardrobes. Plot – 800 sq.m. House for security. 6000 usd, plus all monthly charges. No commission from tenant. Please call 050 4469357 for viewings.

**All Apartments for Rent** Near Golden Gate Area. 5 room - Jaroslavov Val, 15 - 185 sq.m, 2 wc. // 2 room - Streletskay, 13 - 87 sq.m - near Norway Embassy. price - 1000 USD [http://fn.ua/user/\\_newedit.php?ad\\_id=3435398](http://fn.ua/user/_newedit.php?ad_id=3435398) // 2 room - Streletskaya, 13 - 78 sq.m - Price 1100 EURO // House - Petropavlovskay Borshagovka, Mira Str., 350 sq.m - price 2300 USD [http://fn.ua/user/\\_newedit.php?ad\\_id=10064290](http://fn.ua/user/_newedit.php?ad_id=10064290). Contact: Victoria Shtepa [+ 380 50 6145017](tel:+380506145017), or [+ 380 951941040](tel:+380951941040), e- mail:[vshtepa@online.ua](mailto:vshtepa@online.ua)

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 Katie Sobko at: [newsletter@ukr.qsi.org](mailto:newsletter@ukr.qsi.org). Or call the school office at 452-27-92/3. Please make sure that your ad is sent **no later than Tuesday 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.





Do you know that...

If you eat supper early in the evening take a light snack, such as yoghurt or crispbread, about an hour before bed. This helps to keep blood glucose balanced during the night. Avoid heavy meals late at night. Be bright, eat right!

Breakfast 7:45 to 10:00	1'st Snack (first break)	Lunch 10:50 to 14:00						2'd Snack (second break)	PRESCHOOL		
		MENU 1	MENU 2	DIET	FISH & VEGETARIAN MENU	SALAD BAR MENU	Set Menu		Breakfast 9:00	LUNCH 12:00 to 12:40	2'd Snack 14:30
<b>1st School Week of the Month</b>											
<b>MONDAY</b>											
								1159kcal			
Muesli & Yoqurt	Muesli Bar	Grilled Chicken	Swiss Beef	Baked Turkey	Fish with Special Sauce	Tomatoes Cucumbers	Chicken Cutlet in the Oven (80gr)	Mozzarella	Yoqurt Fantasy	Swiss Beef	Sweet heart bun
Ham & Cheese Bread & Buns & Pancakes	Cheese	Rice with spinach	Pasta Fusilli	Buckwheat Steamed Vegetables	Vegetarian Plov Grilled Vegetables	Assortment of Green Salads	Steamed Rice	Baquette	Apple	Pasta Fusilli	Green tea with Lemon
Omelet & Eggs	Paprika	Vegetable Salad	Salad Bar			Eggs	Tomatoes	Tomatoes	Carrots	Tomatoes	
	Cucumbers	Soup with Egg		Soup with Egg	Soup with Egg	Onion Rings	Fruit	Lettuce		Soup with Egg	
Fruits		White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Celery	White Bread	Grapes		Fruit Tea	
Vegetables	Plums	Green tea with Lemon	Juice	Compote	Fruit Tea	Beet Sticks	Water	Juice 0,2		White Bread	
Juices & Tea	Juice 0,2	Sweet heart bun	Yoghurt	Fruit	Sweet heart bun	Corn			243kcal	643kcal	273kcal
<b>TUESDAY</b>											
								1215kcal			
Muesli & Yoqurt	Cracker	Chinese Wings	Roast Beef	Boiled Chicken	Home Style Fish Potatoes Krucheniki	Tomatoes Cucumbers	Baked Beef Cutlet (80gr) Mashed Vegetables	Fresh Cheese	Cheese	Baked Cutlet (veal)	Crepes
Ham & Cheese	Nut	Rice	Mashed Vegetables	Mashed Potatoes(diet)		Assortment of Green Salads		Crouton	Creeker	Mashed Vegetables	Fruit Tea
Bread & Buns & Pancakes	Kiwi	Green Salad	Salad Bar	Steamed Vegetables	Grilled Vegetables	Scrambled Eggs	Cucumbers	Yoqurt Rostishka	Fruits/Grapes	Cucumbers+ Eqq	
Omelet & Eggs	Paprika	Meat Balls Soup		Vegetable Soup	Vegetable Soup	Black Olives	Fruit	Paprika		Meat Balls Soup	
Fruits		White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Celery	White Bread	Berries		Compote	
Vegetables	Cheese	Cranberry Tea	Juice	Compote	Fruit Tea	Carrots	Water	Bonaqua 0,5		Wholemeal bread with seeds	
Juices & Tea	Yoghurt Activia	Crepes	Yoghurt	Fruit	Crepes	Corn			230kcal	774kcal	211kcal
<b>WEDNESDAY</b>											
								1239kcal			
Muesli & Yoqurt	Pancakes with Jam	Schnitzel Milanese	Chili con Carne	Baked Beef Cutlet	Grilled Salmon	Tomatoes Cucumbers	Schnitzel Milanese (80gr)	Cheese Babybel	Yoqurt Dino	Schnitzel Milanese	Strudel
Ham & Cheese Bread & Buns & Pancakes	Apple	Baked Potatoes	Rice	Buckwheat Steamed Vegetables	Baked Zucchini de Provence Grilled Vegetables	Assortment of Green Salads	Buckwheat Carrots + Apple	Muesli Bar	Apple	Rice Steamed Broccoli+ Corn	Compote
Omelet & Eggs	Yoqurt Actimel	Salad with Rucola	Salad Bar			Cheese		Peach	Carrots		
	Blueberries	Fish Soup		Noodle Soup	Noodle Soup	Sweet Pepper	Fruit	Celery		Noodle Soup	
Fruits		White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Celery	White Bread	Carrots		Fruit Tea	
Vegetables	Paprika	Sea Buckthorn Tea	Juice	Compote	Fruit Tea	Broccoli	Water	Juice 0,2		White Bread	
Juices & Tea	Bonaqua 0,5	Strudel	Yoghurt	Fruit	Fruit Salad	Corn			191kcal	621kcal	427kcal
<b>THURSDAY</b>											
								1213kcal			
Muesli & Yoqurt	Cheesecake	Indian Chicken	Meat Balls with White Sauce	Steamed Chicken Balls	Fish with Teriyaki Sauce	Tomatoes Cucumbers	Indian Meat Balls (80gr)	Sausage Bun	Toast with Cheese	Steamed Chicken Balls	Chocolate/Fruits Roll
Ham & Cheese Bread & Buns & Pancakes	Cucumbers	Pasta Al Pesto	Indian rice	"Atek" Steamed Vegetables	Stuffed Tomatoes with Fresh Cheese Grilled Vegetables	Assortment of Green Salads	Pasta Al Pesto	Green Salad Leaves	Apple	Pasta Al Pesto	Compote
Omelet & Eggs	Paprika	Vegetable Salad	Salad Bar			Eggs	Broccoli	Cherry Tomatoes	Carrots	Paprika + Eqq Tomatoes cream Soup	
	an Apple	Tomatoes cream Soup		Millet Soup	Tomatoes cream Soup	Red Beans	Fruit	Fruits	Paprika		
Fruits		White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Celery	White Bread	Bonaqua 0,5		Tea with Lemon	
Vegetables	Bonaqua 0,5	Lemonade	Juice	Compote	Tea with Lemon	Green Peas Cabbage Carrots Corn	Water			White Bread	
Juices & Tea		Chocolate/Fruits Roll	Yoghurt	Fruit	Chocolate Roll	Corn			245kcal	650kcal	318kcal
<b>HAPPY FRIDAY</b>											
								1398kcal			
Muesli & Yoqurt	Marble Cake	Chicken Cutlet	Pizza Margarita/Pizza with Salami	Turkey Souffle	Fish with Sweet & Sour Sauce	Tomatoes Cucumbers	1 portion of Pizza Margarita	Toast with Cheese	Yoqurt Actimel	Turkey Souffle	Mini Pizza Margarita
Ham & Cheese	Actimel	Potatoes with Sour Cream		Buckwheat	Colorful Bean Salad	Assortment of Green Salads	Salad "Cesar"	Cherry Tomatoes	Apple	Buckwheat	Fruits Jelly
Bread & Buns & Pancakes	Grapes	Salad "Cesar"	Salad Bar	Steamed Vegetables	Grilled Vegetables	Eggs	Borsch	Cucumbers	Carrots/Equ	Tomatoes	Compote
Omelet & Eggs	Dried apricots	Borsch		Rice Soup	Borsch	Onion	Fruit	Carrots		Borsch	
Fruits & Vegetables		White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Celery	White Bread	Grapes		White Bread	
	Carrots	Fruits Tea	Lemonade	Compote	Fruits Tea	Red Cabbage Beet Sticks	Water			Fruits Tea	
Juices & Tea	Bonaqua 0,5	Fruits Jelly	Yoghurt	Fruit	Fruit Jelly	Corn		Bonaqua 0,5	191kcal	755kcal	452kcal