## THE KOZAK'S KORNER



#### LETTER FROM THE DIRECTOR

#### Dear Parents:

It appears to be a slow news week, so I thought I'd take the opportunity to mention a few things that have been on our minds lately:

- After school: Please do not forget that elementary students who are
  on campus after school hours should be supervised at all times by an
  adult. Middle School and Secondary students have a bit more flexibility to be on campus after school hours, but they should spend their
  time in places that are appropriate, not distracting of those who are
  actively working during this time, and staying out of areas in which
  they cannot be observed by adults and building staff.
- No students, at any time of day, may be in the gyms or on the soccer fields without staff supervision.
- Driving on campus: Please do not forget that we are a school and that there are children on campus. Speed should be kept to a minimum. If you are accelerating between points on school campus, you are putting children's safety at risk.
- Spring attire: think about layers during this time of year so that your child will be comfortable; it can be cool in the morning and quite warm by the afternoon

And, one piece of news coming up. Mr. Jordan Hattar, the director of the organization Help4Refugees will be at Kyiv International School on April 4<sup>th</sup> and 5<sup>th</sup> to speak about his experiences and ways that we can help with the refugee crisis around the world. He will be visiting several of our classes and giving presentations to a couple of larger groups, followed by a presentation to interested parents and teachers in the afternoon of Wednesday, April 5. We will provide information about the location of this presentation a bit later.

That's all for this week. I hope you all have a safe and enjoyable weekend.

Eben Plese, KIS Director



## Calendar of Events

#### March

- 25 Kyiv Inter-Schools Shakespeare Competition @ The Children's Art Center 7:00—9:00 pm (details inside)
- 27 Term 3 Begins
- **29** PTO General Meeting 8:30am in the Cafeteria
- 30 Secondary 1 Class Field Trip to Chernobyl Museum
- 31 MS Games & Movie Night from 4:00 to 6:30pm

#### April

- 1 NHS Group Service Project 9am—4pm
- 1-15 Scholarship Application Window
- 4 French DELF Exam: A2 Level, Part 1
- 5 French DELF Exam: B1/B2 Level, Pt1
- **4-5** Guest Speaker @ KIS: Jordan Hattar (Help4Refugees)
- **5** PTO Board Meeting
- 7 KIS ARTfest
- **8** ACT
- 8 PTO Gala Dinner @ 7:00 pm
- 12 Secondary School Science Fair from 5:30-7:00 pm
- 17-21 Spring Break—No School
- 23 Coffee Morning w/Elementary DI, Ms. Lois Bridenback 8:30am in the Cafeteria
- 25 4th Quintile Ends. Narratives & Status Reports Issued

## Daylight Savings Begins This Weekend



# Its That Time of Year...

Please remember to turn your clocks 1 hour forward this Sunday (March 26, 2017)



# Pre-School Korner 5L Fairy Tale Literacy Unit



Mrs. Legan's 5 year old class celebrated "happy ending" to their Fairy Tale Literacy Unit and they continued having fun at school ever after...

#### **Friday Bake Sales**

Every Friday, Ms. Zoya and Mrs. Fremont have Friday Bake Sales to raise money for helping families in the village. This month, we have been selling doughnuts and focusing on helping this wonderful family of Yana. She was born healthy, but because of vaccination, has been in the wheelchair ever since. The family lives in the village, and can't afford medicine as looking after Yana takes all their time. There is a medicine that proved to help Yana react to motion and decrease seizures, and it costs about \$100/month. So far, we were able to help them get 3 months worth of medicine and send Yana to ipotherapy (a 10 day therapy with horses, massages, etc) that seems to work! The family is beyond thankful for your support! We will continue having bake sales every Friday. Thank you for making a difference, and see you there!



## Middle School Korner

#### **MS Games & Movie Night**

#### **Success Orientation Awards**











## **Secondary School Korner**

#### **2017 Awards Ceremony**

It hardly seems possible but planning for the 2017 Awards Ceremony on June 2 at 2:02 – 3:35 (8<sup>th</sup> & 9<sup>th</sup> periods) in the new gym is underway. Here are the awards that will be presented at that time:

President's Citizenship Award (one for each - S1, S2, S3 and S4)
Outstanding Student Award (one award)
Director's Award for Excellence (one award)
The Leadership Award (one award)
Outstanding Service Award (one award)
4.0 Award (all who qualify on May 15, 2017)
Perfect Attendance (all who qualify)



Parents/family are invited and encouraged to attend. Hopefully this early reminder will allow you to include this event in your schedule. This is a time of celebration for all our students. If you have questions, feel free to contact the secondary office.

#### **Secondary By-Law Day Update**

On Saturday, March 18, a dozen civic-minded Secondaries -- SecStuCo members Dogukan (Treasurer), Anne (President), Anton (Sec IV Rep), Divyam (Sec III Rep) and Jack (Sec II Rep) and volunteers Gleb, Sasha, Max, Adi, Nastya, Sanya, Maya, Anamarija, and Michelle -- gave up a precious weekend to make a lasting contribution to KIS's Secondary Student Council, beginning the long, arduous process of writing a constitution and by-laws.

SecStuCo Treasurer and Bylaw Summit Chairman Dogukan spearheaded the effort, which he started by locating and evaluating examples of other student councils' documentation.

Eventually, a template was chosen, and Saturday's meeting was called.

After everyone in attendance had been briefed on the process and the goals, the example document was read and discussion

started. The template's twelve articles were divided up so that each of four breakout groups had a roughly equal amount of ground to cover. After extensive and wide-ranging discussions on each point in the articles, the big group recon-

vened and shared the substance of their conversations.

Although there were plenty of lively, impromptu debates that touched on issues of representation, as well as the scope and nature of how the council can and should best serve the student body, the talks were uniformly productive and collegial. At the end of the day, the mood was upbeat, the group felt strongly that a good start had been made, and confidence was high that the work could be completed by the end of this school year.

Now, the document has been thoroughly dissected, questions and concerns have been identified, and some consensus has been reached. Ideally, the wrangling over the philosophy and goals of the new constitution will be completed in time for a referendum vote by all KIS Secondaries, tentatively set to coincide with spring executive elections.





#### This Saturday... Shakespeare FOR FREE!

Come watch our Secondary KOZActors "PLAY" to Win!



## Hational Honor Society (NHS) Korner

#### "Building Bridges" Pre-Visit Establishes Connections

Eight National Honor Society (NHS) members visited the Donbass Refugee Center for internally displaced people on Saturday, March 18. The center provides free housing, vocational training, and physical/emotional rehabilitation to individuals and families facing a variety of significant challenges. This pre-visit served to introduce the group service project, which will be held on April 1. The NHS members met residents, toured the facility, and presented donations of buckwheat, sugar, and rice. The purpose of this pre-visit was to form a relationship with the center in preparation for the group service project. NHS is excited to return to the center on April 1 and continue building on that relationship.





### Yearbook Korner

#### **Order Your Yearbooks Now!**

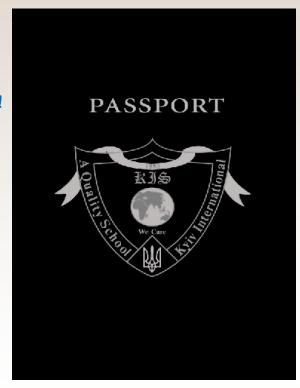
## ATTENTION ALL KIS PARENTS, STUDENTS and STAFF!!! YEARBOOKS ARE ON SALE NOW AT RECEPTION!!

Do not delay pre-order your yearbook today!! Supply is limited.

Please note if you buy BEFORE April 14th you get \$5 off. After Spring break the price goes up to \$75 a book.

beautiful passport to priceless memories

RUN don't walk...this year's book is a



## **Sports Korner**

## **Kyiv Junior Soccer League & Junior Soccer Training School 2017**

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 08, 2017.

The goal of this developmental league and training school for players (boys and girls under Ily.o) is to have FUN and improve their soccer skills while engaging in a sport they enjoy. We are planning to have 8 players per team for League games and 10-15 players for Training School per age group. Junior Soccer League and Training School will consist of six Saturdays (see schedule below). 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 (anatolyprima@ukr.qsi.org), tel- (093-207-48-90). Please feel free to approach Mr.Prima with any concerns, comments or questions you may have. If you are interested in coaching your son's or your daughter's team, please let me know.

Dates: April 08,29, May 06,13,20, June 03, 2017

#### Please NOTE, the DUE DATE for registration is April 04, 2017. First come first serve.



| Age  | Time        | Event  |  |
|--|-------------|--|--|
| 9-10 y.o. class (boys & girls)                     | 10:00-11:00 | Soccer Training School                           |  |
| 5-6 y.o. (boys & girls)<br>7-8 y.o. (boys & girls) | 10:00-11:00 | Soccer Training School<br>Soccer Training School |  |
| 8-10 y.o. class –girls                             | 11:00-12:00 | League/Games                                     |  |
| 9-10y.o boys                                       | 11:00-12:00 | League / Games                                   |  |
| 7-8 y.o. (boys)                                    | 11:00-12:00 | League / Games                                   |  |



#### **Shot Put Practice**



Shot put practice is on Tuesdays and Thursdays from 3:45 to 5:15. Students are not allowed to be on the playground behind the cage.

#### **Summer Sports Camp 2017 (5 Days)**

<u>Summer Soccer/Basketball/Swimming/ Skating and Bowling Sports Camp</u> 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

050-966-20-63 or 050-781-21-41

<u>Dates:</u> June 19-23 (5 Days only) **Location:** 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 &

Succining

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

## **Earth Day**

#### **Trash Fashion Show—April 25th**

All creative and enthusiastic students (and parents!!!) are invited to take part in the first ever held Trashion show at KIS Kiev.















Ms. Isabelle Tausch, a fashion artist offered her expertise in helping to create costumes and running the fashion show. To see some previous work of Isabella review the following: <a href="https://www.youtube.com/watch?v=Q4">https://www.youtube.com/watch?v=Q4</a> K64bEN80 https://www.youtube.com/watch?v=heQXExfkWs0&feature=youtu.be

All you have to do is create fashion from recycling materials. Everyone is invited to be creative and make their own unique piece of fashion (dresses, hats, jewellery). Students will walk the catwalk in celebration of Earth Day. On Tuesday April 25th. The whole school will be gathering in the gym and watch the show.

We invite parents to support their children to collect waste materials and designing the children's costumes. Ms. Tausch will be available as well to support. The Trashion Show aims in raising awareness of the amount of trash we daily create and the value it has, as shown in the pictures from Ms. Isabella's amazing fashion.

For more information please contact:

Highschool: Mr. Peter Kampen Middle school: Ms. Kari Spellman Elementary: Ms. Louise Kampen Environmental Committee: Mr. Geoff Cooper

### **PTO Korner**

Please join us for our

## PTO GENERAL MEETING

# March 29th <sup>@</sup> 8:30 am in the school cafeteria

We have invited Mr. Curry and Mr. Prima to discuss Sports and After school activities







#### **Agenda**

"What is going on in the Sports World at KIS during and after school?"
"Still needing to have your kids do an activity to burn off that energy?" "Are there any after school activities and weekend activities that Elementary students can participate?"

Please join us next week and have all your questions answered about KIS and Sports by Mr. Curry and Mr. Prima.

 We welcome all parents to come and discuss their questions or initiatives about the school life and about enriching the school experience. Regular update on PTO plans and coming events will be provided by PTO Board.

#### **CAN'T MAKE IT?**

If you are unable to come but would like more information or to stay involved please contact us at pto@ukr.qsi.org

#### **KIS PTO Gala Dinner**

Dear parents and teachers!

The Gala dinner is fast approaching. Tickets are on sale Tuesdays and Fridays or contact the lobby to buy tickets at your convenience.



## **Summer Camp 2017**

#### (4 Week Day Camp for 3—12 year olds)

The twentieth 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 19 and end July 14 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: Friday's shows, Mini-Olympics, food festivals, cooking classes, treasure hunts, trampoline, dancing, swimming, fun with English activities, sport and art/craft activities, self-defense classes, and guest performances. Starting the second week (June26-July14), 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.

#### Summer Camp 2017 Program

| International Week | JUNE 19 Camp Palm Tree Swimming Designers' Club Science Club  | JUNE 20 Mini-Olympics Swimming Cooking Club Self-defense Class | JUNE 21 Origami Club Swimming Dancing Food Festival   | JUNE 22 Guest Performance Swimming Self-defense Class Art Club | JUNE 23 Talent Show Swimming Dancing Ice-cream Party      |
|--------------------|---|--|---|--|---|
| History Week       | JUNE 26 Camp Great Wall Swimming Designers' Club Science Club | JUNE 27 Mini-Olympics Swimming Cooking Club Self-defense Class | JUNE 28 Invention Fair Swimming Dancing Food Festival | JUNE 29 Guest Performance Swimming Self-defense Class Art Club | JUNE 30 Camp Olympics Swimming Dancing Ice-cream Party    |
| Nature Week        | JULY 3 Scavenge Hunt Swimming Designers' Club Science Club    | JULY 4 Mini-Olympics Swimming Cooking Club Self-defense Class  | JULY 5 Pet Rocks Swimming Dancing Food Festival       | JULY 6 Guest Performance Swimming Self-defense Class Art Club  | JULY 7 Camp Fashion Show Swimming Dancing Ice-cream Party |
| Mystery Week       | JULY 10 Footprint Trail Swimming Designers' Club Science Club | JULY 11 Mini-Olympics Swimming Cooking Club Self-defense Class | JULY 12 Twin Day Swimming Dancing Food Festival       | JULY 13 Guest Performance Swimming Self-defense Class Art Club | JULY 14 Talent Show Swimming Dancing Ice-cream Party      |

For more information, please contact Olena Petrenko by e-mail: olenapetrenko@ukr.qsi.org or phone: 050-550-2636

## 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.

**SALE up to 40% off** Caramel London - British brand of children's clothing is finally in Kyiv! Passage 15 // Mon-Sat 11AM-9PM // Sun 11AM-8PM +38 (096) 959 48 50, +38 (044) 364 73 20

The Modern Research Institute of the National Academy of Arts of Ukraine (18-D Yevgena Konivaltsya Street) presents an exhibition "Israeli Contemporary Art" of young and recognized artists from Israel, held from 14th to 26th March. The art project invites everyone to explore the analogies between the national identities of Israelis and Ukrainians. It is open from 12:00 to 19:00 and has free entry!

Boys' Choir. Revutskyi Municipal Men's Chorus, winner of number of international competitions, is in search of singing or willing to sing boys, from ages 6 and up. The auditions are on Wednesdays, Thursdays, Fridays from 16:30 through 19:00; Saturdays, Sundays from 12:00 till 13:00, at ½ Basseyna str.(2<sup>nd</sup> floor), Bessarabska Square. For more information call Elena at 093-155-4445/099-153-85-03.

BE LIKE A LOCAL! Study Russian or Ukrainian as a foreign language in Kyiv (near metro Nyvki). Kyiv's school Slavic Educaton Center offers private and group lessons of Russian and Ukrainian language. Our tutors can provide lessons at your place or at our school which is located near metro Nyvki 45a, Scherbakova, Str. We provide an individual program based on your language learning goals. We will find you a convenient training schedule as well as a group that corresponds to your language level. For more information please check our website - <a href="http://slavic-edu.com/en/">http://slavic-edu.com/en/</a> or contact us ±38 (066) 765-22-67

**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 Experience from 5 year olds and older. Contact: <u>050 6145017</u>, e-mail:vshtepa@online.ua

Piano Lessons for children & adults. For beginners & advanced. Classical Piano Education & also Making up, Improvising and Invent Music... Classical music, Popular songs, Rock & Jazz... Also Guitar lessons. Recording on computer. Roman 050 968 71 58

**Super Guitar teacher: Due to our relocation,** our guitar teacher has an opening for new students. Eugene is a very experienced musician who plays in a band and gives private lessons to both adults and kids. He speaks Russian and English. Please, contact Eugene on (093)4543099.

**Driver:** Available from March, 15. I am looking for a job as a family driver. Age: 31 years old. Very responsible and always willing to help with errands, around the city. Accident-free driving, category B, business etiquette, mobility. Ukrainian and Russian speaker. Please, contact Ruslan on <u>+38</u> (063) 963-70-41.

**Car & Driver: Available from March, 15.** Due to relocation, we recommend our super driver, Gennadiy, who has been working for us for the last 5 years. Gennadiy owns a Toyota Highlander, is very trustful and always willing to help with errands, around the city. Russian speaking. Please, contact Gennadiy on (067)4436561.

I am looking for a job as a family driver. Age: 27 years. Experience 5 years. Accident-free driving, category B, business etiquette, mobility. Ukrainian, Russian, English with a dictionary. Private car: Toyota Corolla. Experience with KIS family. Daniel. <u>+380935594667</u>, sola sistim@ukr.net

Nanny, cleaning lady, housekeeper/cook is looking for a full/part time job. My name is Olga and I am a hardworking, trustworthy, good-natured and very friendly person. I am 53 years old and I've got 5 years of experiences working with children (in the kindergarten and babysitting) and brought up two wonderful children of my own, who I am so proud of now! Speak basic

English, Russian, Ukrainian. References upon request. For more info in English please contact Yulia 0689346455

Excellent Hanny: Available from March, 15. Due to relocation, we recommend our super nanny, Ivanka, who has been working for us for the last 2 years. She is a very polite and calm person who loves kids, punctual and trustful, plus always willing to help with small tasks around the house. She speaks Russian / Ukrainian / English (fluent). For more info, please, contact Ivanka on (099)0524307.

Nanny/ 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

Reliable Housekeeper/ Cook or Nanny Available. Lyuba is a hardworking, 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

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: <a href="mailto:ovi55@ukr.net">ovi55@ukr.net</a> 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.

Nanny/ Housekeeper. 0993142882 Kristina.

Houses for rent in Pechersk area - Yagotyns'ka str, 220 sq.m., 4 bedrooms, not furnished, 3200\$ // Verhnegors'ka str, 560 sq.m., 4-5 bedrooms, swimming pool, terrace, 4500\$ // Mendeleeva str, 250 sq.m., 4-5 bedrooms, partially furnished, 3500\$ // Raevskogo str, 180 sq.m., 3 bedrooms, 2 bathrooms, terrace,1500\$ // Ol'shans'ka str, 360 sq.m., 3-4 bedrooms, partially furnished, 1600\$. Please contact Olga 067 7716191 for viewings.

Apartments for rent:Kruglouniversitetskaya 3-5, S - 192 кв.м. 4 bedrooms, 2 bathrooms. 3,000\$. // Golden Gate - 26 Honchara street, 180 m2, partially furnished, 3 bedrooms 3,000\$ // Yaroslaviv Val, 180 sq.m. 2 levels, 4 bedrooms, 3,000\$. // Circus area - Pavlovska and Turhenivska str, 200 sq.m., 3-4 bedrooms, 2200\$. Please contact Olga 067 7716191 for viewings.

Apartments for rent: 13 Staronavodnitskaya street, 242 m2, furnished apartment, 4 bedrooms 2,600\$ // Kruglouniversitetskaya 3-5, 7th floor, S-192 kb.m. 4 bedrooms, 2 bathrooms. 3,000\$. // Gonchara str and Yaroslaviv Val (Golden Gates) 3-4 bedrooms, 3,000\$. // Circus area - Pavlovska and Turhenivska str, 200 sq.m., 3-4 bedrooms, 2200\$. Please contact Olga 067 7716191 for viewings.

Houses for RENT, No commission from Tenant! Petropavlivs'ka Borschagivka, 15 min driving to KIS, 360 sq.m., 4 bedrooms, 4 bathrooms, furnished and fully equipped, wardrobes, 2500 usd + monthly charges. // Petropavlivs'ka Borschagivka, 10 min driving to KIS, 480 sq.m., 3 bedrooms, study, big play area, furnished and fully equipped, wardrobes, near lake. 2900 usd // House in quiet neighbourhood, near forest, 450 sq.m., land 1300 sq.m., 5 bedrooms, partially furnished, 1500 usd per month.// Petropavlivs'ka Borschagivka, 15 min driving to KIS, 450 sq.m., 5 bedrooms, big play area, not furnished and fully equipped, wardrobes. 2800 usd No commission from Tenant. Please call 050 4469357 for viewings.



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: <a href="newsletter@ukr.qsi.org">newsletter@ukr.qsi.org</a>. 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.

#### Dear parents,

Fruits Tea

Vegetables

Carrots

Juice

Compote



Please do not forget to refill your children's Debit cards before they have unpaid cheques at the cafeteria. The recommended sum of money for refilling the card is 1000 UAH. Please be always aware that children feel very embarrassed and frustrated when they have no manage to pay for their lunches. Be bright, pat right!

money to pay for their lunches. Be bright, eat right! Lunch 10:50 to 14:00 PRESCHOOL 1'st Snack (first break) 2'd Snack 14:30 MENU 1 Set Menu 5th School Week of the Month MONDAY 1571kcal **(** Fish with Special Cheesy Chicken Muesli & Yogurt Cheesy Chicken Balls Stewed Veal (paprika) Steam Cutlet (veal) Yogurt Fantasy Muesli Bar Cucumbers Mozzarella Chocolate Cookie Rice Schaffhausen Onion Tart Ham & Cheese Cheese Pasta Barley Porridge Rice Baquette Apple Pasta Compote Bulgarian Sopsky Salad Eggs Corn Broccoli+ Egg 9 Soup Fruit Omelet & Eggs Minestrone Soup Onion Rings Minestrone Soup Cucumbers Minestrone Soup Lettuce Wholemeal bread with Wholemeal bread with seeds White Bread Fruits White Bread White Bread Celerv Grapes Bread Juice **G** Compote Vegetables Plums Compote Beet Sticks Water Juice 0.2 G 243kcal 797kca 531kcal TUESDAY 1189kcal Meat Balls with Tomat Baked Turkey Breast (80gr) Chicken Plov Chicken Fillet Steak fish Muesli & Yogurt Crackers Fresh Cheese Cheese Chicken Fillet Muffin Wheat Porridge "Artek" Wheat Porridge "Artek" Bigos Spaghetti Spaghetti 9 Bread & Buns 8 Green Salad Yogurt Rostishka Fruits/Grape ( Fruit Omelet & Eggs Paprika Beans Soup Beans Soup Beans Soup Black Olives Paprika Beans Soup Wholemeal bread wit Wholemeal bread with seeds Fruits White Bread White Bread Celerv White Bread Berries Bread Juice Compote Vegetables Cheese Mint tea Compote Carrots Water Bonagua 0.5 9 271kcal 242kcal WEDNESDAY 1095kcal Steamed Chicken Wiener Schnitzel Fish with Chili Pancakes with Cannelloni with Riviera Steak Tomatoes Cucumbers Muesli & Yogurt chicken (80ar) Cheese Babybel Yogurt Dino Beef Cutlet Bun with apple **( (** Assortment o Ham & Cheese Bread & Buns & Annle Potatoes with green Rice 7razi Muesli Bar Annle Rice Juice Seamed Vegetable Yogurt Actimel Italian Salad Salad Stolichniy Croutons reen Peas+Carro Peach Carrots Cucumber + Faa Clear Chicken Soup Clear Chicken Sou Omelet & Eggs Green Borsch lear Chicken Sou Wholemeal bread with seeds Wholemeal bread w White Bread White Bread White Bread Juice Compote Fruit Tea Juice 0.2 Kissel Vegetables Paprika Compote Juices & Tea Bonaqua 0,5 Eclair Fruit, Yoghurt 201kca 350kcal THURSDAY 1340kcal Sweet & Sour Chicken med Chicke Cutlet Muesli & Yoguri Cheesecake Wellington Beef Baked Turkey Brea Milanese Fish Sausage Bun Cake "Night & Day Rice Compote Cucumbers Apple Buckwheat Mixed Salad Bread & Buns & Eggs Croutons Green Salad Steamed Vegetable
Vegetable Soup Vegetables Sala Pancakes Paprika Grilled Vegetables Cucumbers Cherry Tomatoes Carrots Leaves with Corr Potatoes cream Omelet & Faas an Apple Soup Busecca Soup Soup Red Beans Fruit Fruits Paprika Wholemeal bread wit Wholemeal bread White Bread White Bread White Bread Bonagua 0.5 Juice Compote Vegetables Bonagua 0,5 Tea with Lemo 487kcal ake "Night & Day 245kca 608kcal HAPPY FRIDAY 1393kcal G **(** Pan-fried Fish Fillets Chicken Roll with Tomatoes Cucumbers Stewed Veal Muesli & Yogurt Banana Cake Tacos chicken/beef Toast with Cheese Yogurt Actime Stewed Veal Banana Cake Assortment of Green Salads Puree Rice Ham & Cheese Actimel Gniocci Puree Cherry Tomatoes Apple Puree Juice **6** Bread & Buns 8 arrots With Raisins Granes Reets Cucumhers Carrots/Eggs Tomatoes Dried apricots Pear Omelet & Eggs Red Lentil Soup Carrots Borsch Borsch Wholemeal bread Wholemeal bread with White Bread Fruits with seeds White Bread Celery White Bread Grapes Bread

> Red Cabbag Beet Sticks

Water

Bonagua 0.5

300kca

Fruit Tea

260kca

Fruit Tea