

Kozak

Korner

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10 November 2017

KIS 25
KYIV INTERNATIONAL SCHOOL
CELEBRATING 25 YEARS OF EXCELLENCE

NEWSLETTER ISSUE #12

Picture: Senior Photo by Aron Szepesi (see full photo inside)



PD NEXT WEEK

Please note that there is **NO SCHOOL** for students next Thursday and Friday (November 16-17) due to the Teacher Professional Development Conference.



UPCOMING COFFEE CHATS

Middle School Coffee Chat: Thursday, November 23, 2017
@ 9:30 am

Secondary Coffee Chat: Thursday, November 23, 2017
@ 8:30 am

The topic for all coffee chats in the month of November is screen time and social networking.

UNIVERSITY REPRESENTATIVE VISITS

NYU Abu Dhabi representative, Justin van Dyke, will be at KIS on Wednesday, November 15 at 12:25 in the conference room at the reception area. Please come to learn about the many opportunities offered at this university.

PTO NEWS

The Parent/Teacher Organization would like to thank everyone who volunteered at the Fall Festival on Friday, November 3rd. Please follow the link to read more:

<https://kispto20172018.wordpress.com/2017/11/09/thank-you-fall-festival-volunteers/>



October Newsletter: <https://kispto20172018.wordpress.com/newsletter/>

UPCOMING EVENTS

November

- 16-17 — No School—Teacher Professional Development Conference
- 23 — Middle School Coffee Chat
- 23 — Secondary School Coffee Chat
- 29 — PTO General Meeting

December

- 1 — MS Dance “Frosty Night”
- 2 — SAT
- 4 — PTO Board Meeting
- 4-6 — Book Fair
- 6-8 — Secondary Drama Production
- 7 — PTO Winter Festival + Elem. Photo Shoot
- 9 — TEDx Youth @ KIS
- 15 — Music Concert: A Holiday of Music -6pm
- 19 — 2nd Quintile Ends. End of Term 1
Narratives & Status Reports Issued
- 20-Jan 9 — WINTER BREAK — No School

January

- 10 — Term 2 Begins
- 11 — Preschool Coffee Chat
- 15 — PTO Board Meeting
- 16 — 11 Year Old Science Fair
- 18 — Elementary Coffee Chat
- 22-Feb 2 — MAP Testing
- 25 — Middle School Coffee Chat
- 25 — Secondary Coffee Chat
- 27 — Professional Development Day
- 28 — PTO Bingo Night
- 31 — PTO General Meeting

DIRECTOR'S MESSAGE

TRUE GRIT

On Thursday, I was able to step away from the office to go and watch our secondary boys football game vs. Moscow. It was a very exciting game packed with the intensity, execution, and emotion that comes with competition. However, the thing that stuck with me as I walked back into the school and remains with me today was the grit and effort that I saw out on that field. Quite honestly, if everyone was putting forth the effort I saw on that field into everything that we needed to do...everything would be different. I had to take a moment to step back and look at my own efforts, passions, motivations, and purpose.

The book "Grit" by Angela Duckworth takes a close look at the value of effort and how it is seen within society and success. Over the next few weeks, I would like to focus my writings on this same concept. She discussed four elements of grit that are worthy of reflection. It is easy to see the role that these elements play within education and at school.

1. Interest

The development of interest can take time. It is not always immediate and we often need to look closely into making this happen. Once we find the things that are interesting to us, we need to equally find a way to maintain this interest. Passion builds upon the intrinsic enjoyment that comes from anything we experience in life.

2. The Motivation and Ability to Practice

As the old saying goes, "practice makes perfect." There is no secret to this, just the capacity to not give up.

3. Purpose

Having purpose and feeling like your efforts and work actually matter only increase our passion for the things we do.

4. Hope & Believe

Having a growth mindset lends to the concept of hope. We must believe that our efforts will lead to result. Though the timing is not always the same for everyone, the success equation is clear. This is true in everything we do.



In an interview with NBA superstar Steph Curry, from the Golden State Warriors, he was recently asked about his performance. He said the following, **"I mean I try to get better every year. Obviously, that's the mission. That's what we are all trying to do...You use all of the experiences that you've had throughout your career to put that formula together."** (https://www.youtube.com/watch?v=w_DcmVI7PKE)

I know that it might seem odd to start an article with a football match, discuss a book, and finish with an NBA superstar, but I couldn't help but see the similarities across all three, these past couple of days. Next week, during our **professional development days**, KIS staff will be afforded the opportunity to reflect on our purpose and experiences throughout our careers and discuss the "formula" that we are using for success at KIS.

~ Mr. Luke Woodruff, KIS Director

PICTURE DAYS

A HUGE thank you to everyone for showing your KOZAK colors.

WOW!!!

KIS you were AMAZING, you showed up and showed off your school spirit in spades!!

THANK YOU!



All individual and class portraits are now done!

Ms. Hume Says a MASSIVE thank you tot this year's AMAZING photography team. You killed it.

Check out Aron Szepesi's (a photography II student) original take on this year's senior photos.

Please note NO editing in post, this was all done IN camera!!

KIS Presents:
A Holiday of Music

Save the Date!

Friday, Dec. 15, 2017 at 6:30

Featuring Level 10, Middle and Secondary Students.

FALL FESTIVAL

Photo Credit: Reynolds, Ryan & Szepesi, Aron



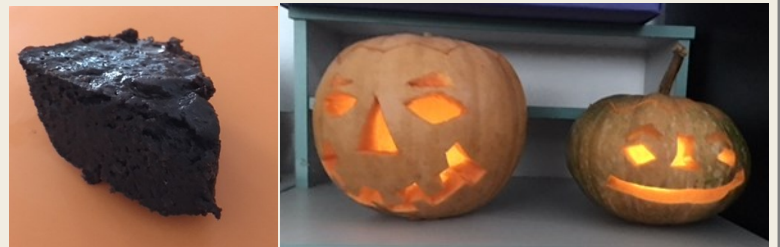
PRESCHOOL



PUMPKIN TIME IN 4F CLASS

The 4F class had fun with pumpkins! We scooped the middle of the pumpkins out and separated the seeds from the pulp. After jack-o-lantern faces were cut into the pumpkins we used the pulp to make microwave brownies.

Recipe for brownies: $\frac{1}{4}$ cup Nutella spread, 2 tbsp. unsweetened cocoa powder, 1 large egg, $\frac{1}{4}$ cup pumpkin puree, $\frac{1}{2}$ tsp baking powder. Mix all ingredients in a microwave safe bowl or mug. Cook for 2 - 3 minutes. Cool and eat.



PRESCHOOL FALL FESTIVAL DRESS-UP PARADE





ELEMENTARY SCHOOL

6 YEAR OLD GEOGRAPHY & CULTURAL STUDIES UNITS

The six year olds have been busy this year studying geography in their cultural studies classes. Each teacher has created their own unique activities about how children can understand directions, neighborhoods, and their place in the world. The students have created stores and maps of their own. These maps help our children express how they see the world around them. As an extension of geography, all of the 6 year old classes have gone to the planetarium. This excellent trip allowed the children to see where they are in the universe! The students have had an amazing time on this special trip.



And finally Ms. Shapka has begun her Cultural Studies unit on Marketplaces in the 6 year old class. In this unit students learn about goods and services, bartering, spending and value of goods. The students created clay fruits and vegetables to sell to other classes. These creative students made mini apples and carrots and pumpkins galore. Then Mr. Shapka's class came in to buy the home-made produce. This was a very creative way to combine the marketplace idea and counting of money. I can't wait to see what these creative 6s do next!



INTENSIVE ENGLISH

This week, the 7YO Intensive English students are finishing their unit on nonfiction reading and writing. They've worked very hard on their research reports about their favorite animals. They have put in a lot of effort to create wonderful posters and even made their animals out of plasticine. Now, they are presenting their reports in class to teach

each other new and interesting facts about their animals.

It is an exciting experience and all students are enjoying it. They feel very happy and proud of their work!

Mrs. Anyshchenko's and Ms. Melnyk's IE Literacy classes.



ELEMENTARY FALL FESTIVAL DRESS-UP PARADE



SECONDARY SCHOOL

ART I & II CLASSES ON AN ART FIELD TRIP

Our field trip began at the Golden gate and ended in Podil. We saw 14 different artists mural some telling the story of Ukraine or showing us the meaning or symbolism of motifs. Students learned about differences in materials and techniques! It was a great field trip!



UNIVERSITY ACCEPTANCES

Our 2017 graduates were accepted into some pretty selective universities.

We are very proud of their achievements and look forward to posting to where our 2018 group will be accepted.

Great job, Kozaks!



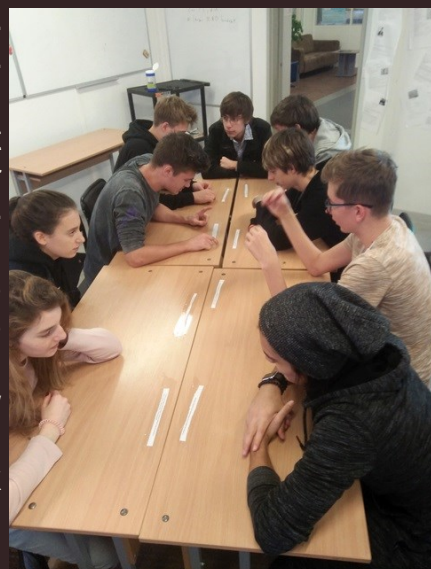
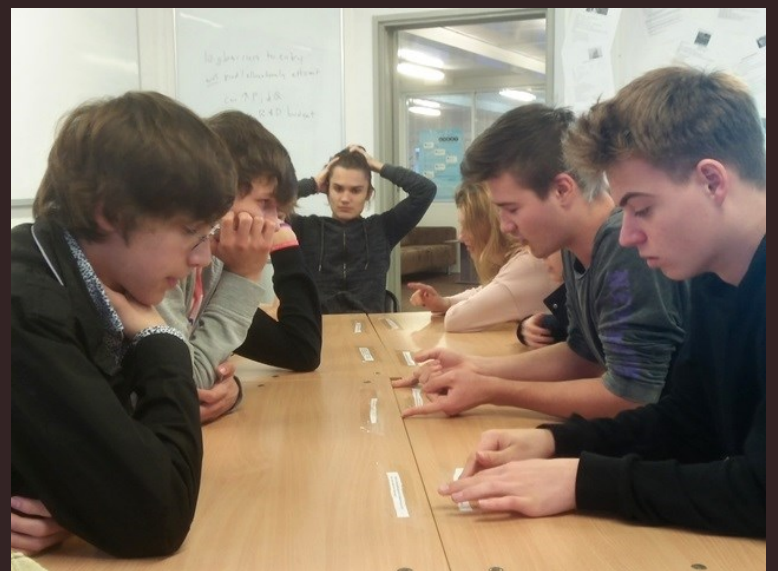
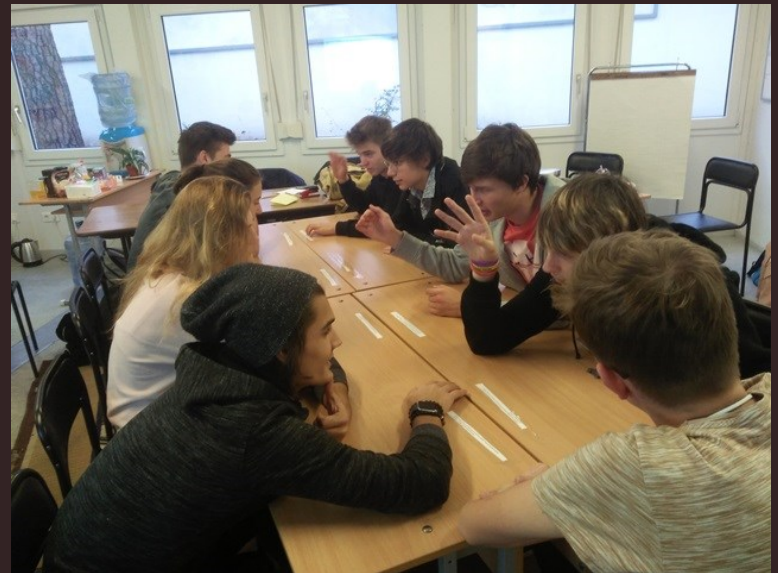
COMMUNICATION STATIONS IN MR. LYONS' IB ECONOMICS CLASS

KNOWING HOW MUCH YOU KNOW

What do you get when you combine nine very smart economics students and eight very difficult economics questions, in a classroom, with a handful of tables and chairs, for 50 minutes?...Give up?... Why, intensive student-centered IB Econ "communication stations", of course!!...

Mr Lyons' first year IB econ students have been working on price elasticity of demand, or the change which occurs in the demand for a good or service when there is a change in price. To deepen understanding and demonstrate mastery of this particular unit, tables are brought together and students are seated in pairs directly across from one another. Questions from the unit are taped to the table at each seat, and the class has had time to review the material as homework. Then, in a sequence of eight roughly 2-3 minute blocks (one for each question), students rotate around the table and teach and learn the answers to each question. With each rotation, one lucky student also takes a break outside of the circle. By the end of the period, each student has rotated eight times, around the entire table, and has learned and taught every question with seven different classmates! No lecture, no worksheets, no presentations. Just a room full of student teachers discussing their way through economics!

This is a great activity for test preparation, for anchoring learning that is not yet quite solid, or even as an alternative assessment. The possibilities are many. Or, as one student commented, "I didn't know I knew so much until I had a chance to talk about how much I knew!"



TED^xYouth@KyivInternationalSchool

x = independently organized TED event

Come hear **international speakers** discuss the topic of:

LENSES



Date:
Saturday, December 9

Time:
11:00 - 16:00

Venue:
KIS auditorium

Ticket price:
100 UAH students
200 UAH adults

Purchase tickets at the reception or on our website
<http://tedxyouthatkyivinternationalschool.com/>

HAVE YOU HEARD ABOUT THE UPCOMING TEDX EVENT?

Our team is working hard on organizing **TEDxYouth@KyivInternationalSchool** and want to invite all of you to attend it! This event will be on December 9th at the school's auditorium from 11:00 16:00! It will feature talks from international and local speakers on the topic of Lenses. If you want to come, tickets are at the reception already, as well as on our website

(<http://tedxyouthatkyivinternationalschool.com>), 100 UAH for students and 200 UAH for adults.

There are only 100 tickets available, so make sure you get one before they're sold out!

To learn more about the event, check out our promo video: <https://www.youtube.com/watch?v=QXqfAc9TWcc&feature=youtu.be>, and our official website on TED:

<https://www.ted.com/tedx/events/23720>.

Also to make sure you get the latest news about the event, follow us on social media!

Twitter: <https://twitter.com/TEDxYouthKyivIS>

Instagram: <https://www.instagram.com/tedxyouthkyivis/>

Facebook: <https://www.facebook.com/events/144965202762602/>

Snapchat: <https://www.snapchat.com/add/tedxyouthkyivis>

ACADEMIC RIGOR



An impassioned historical reenactment of the funeral of Toussaint L'Ouverture, leader of the Haitian Revolution. The speaker giving the eulogy did not impress the crowd, who booed and threw money. Lot of creative learning in **IB History**.



On 3rd of October, the day of the German reunification, **IB German B** students could listen to a first-hand report from a representative from the German Embassy in Kyiv about the exciting time before and after the fall of the Wall dividing families and friends in the two Germanys. After, they watched the movie *Die Klasse Berlin 1961* and relaxed a bit.



IB Mathematical Studies students calculate Campus Space at KIS to be $22,220 \text{ m}^2$! With the use of both Google Earth and a 30-meter tape, two students completed a study of the size of KIS campus, particularly focusing on error calculation. Initial results based on available Google Earth data ended with error results of over 40%. Measuring by hand gave similar results but a reduction in error to 16%. Both of these studies measured student-use land area, excluding boarder fence footprint and outside traffic access.

KOZAK PRIDE

ATHLETICS & ACTIVITIES

Congratulations to the **MS Boys and Girls soccer teams who traveled to CEESA** last weekend. This was the first year for the new 7 aside format. Teams were divided into pools and competed in their pools on day one. After pool play teams were divide into an A division which would compete for a Cup and a B division that would compete for a plate.

After pool play all three KIS teams were in the A division. This meant that they would be playing the top teams from other schools.

Throughout the weekend all three teams proved that they could compete and even beat some of the best teams in CEESA, however, as is often the case in soccer tournaments it is not always how many games you win but which ones you win.

Both teams should be very proud of their efforts. A big thank you to coaches Feekins, Geary and Legan for their time and effort as well.

This week our Volleyball teams travel to Moscow and our HSG soccer team to Bucharest. Here at KIS we will host the HSB soccer tournament. Good luck to all teams!

Follow the action on our new KIS Athletics and Activities web Page: <http://athletics.kis.net.ua/>

It is a work in progress but we hope that it will soon be our one stop spot for all news and highlights from our Athletics and Activities. we hope that it will soon be our one stop spot for all news and highlights from our Athletics and Activities.

The KIS Varsity boys volleyball team had a great 3 hours practice last Saturday with President of Beach Volleyball Federation. Boys had a chance to work on fitness, improve receiving & setting, defensive & offensive skills. The most important was to see each KIS volleyball player working hard towards team success. This week boys and girls are traveling to Moscow to compete in the CEESA competition. Go Kozaks!!!





KIS COMMUNITY ACTIVITIES PROGRAM

Dear Parents;

In an attempt to continue to promote a healthy lifestyle and grow our school community, I would like to introduce you to the KIS Community Activities Program. We have some wonderful facilities here at KIS and it would be great to see our school community take advantage of them.

Follow this [KIS Community Activities](#) link to see the activities we would like to host at our school throughout the year.

These activities are primarily intended for the KIS community; teachers, staff, students and parents. However, if there is room in the activity our community members may invite up to 2 guests each to participate in the activity.

If you would like to join one of the activities all you need to do is click on the registration form link and put your name in the form. All details regarding the activity are on the form.

If there is no link that means that we do not have anyone to supervise the event. We need at least 2 people to take the responsibility of being contact people for each event. These people can be any member of our school community; staff, teachers, or parents. If you would like to sponsor an event please contact me as soon as possible and I will create a registration form.

Finally, if you have an idea for an activity please contact me as well and we will see if we can make it happen.

Thank you all for your support in building our KIS Community.

Kind regards, Marty Curry

Classifieds

Two tortoises, up for adoption. They are adorable, low-maintenance pets. Easy to keep & care for. If you are interested in giving these shelled friends a loving new home, please contact Mr. Tsapatsaris in room 310 or by email at raiff-tsapatsaris@ukr.qsi.org.

Piano Lessons. Please call 095-074-0049

Piano lessons, easy and joyful. Beginners are most welcome. Contact Irina at 095 074 00 49

Piano lessons, music notation, rhythmic, logarithmic teaching – for children from 3 years old. I have experience of work in Center for Child Development, providing individual lessons. Ensure individual approach to each child and help in developing love to music. Speak Russian, Ukrainian, basic English. Contact: Tania, 063 025 92 83, tanya.bets.93@mail.ru

Piano Lessons 2017/18- for children and adult. 30 year Expiriens from 5 year and up. Contact: [+380 50 6145017](tel:+380506145017), [e-mail:vshtepa@online.ua](mailto:vshtepa@online.ua)

Piano lessons, music notation, rhythmic, logarithmic teaching – for children from 3 years old. I have experience of work in Center for Child Development, providing individual lessons. Ensure individual approach to each child and help in developing love to music. Speak Russian, Ukrainian, basic English. Contact: Tania, 063 025 92 83, tanya.bets.93@mail.ru

Sale 2 Piano (Chernigov, UKRAINE) braun colore. Price: 350 USD (near Metro Lukyanovskaya) Contact: [+ 380 50 6145017](tel:+380506145017), [e-mail:vshtepa@online.ua](mailto:vshtepa@online.ua)

Lovely black male kitten needs caring hands. He is four months old, totally black except for white spots under his front legpits, on his belly and under his neck. He is playful, not shy, VERY friendly, litter trained, not fussy with food. Kitten comes with a guarantee i.e. if for any reason you will need to return him after some months or years, I will take him back, no questions asked. I can also babysit him when you will go away on weekends or summer holidays. Please write to ladatop077@gmail.com or call (050) 218-33-01 for me to send some pictures of him

Reliable Student Babysitter Available. 13 year old—For weekends. English speaker, fluent in Ukrainian and Russian. Please call 063-563-8090

Highly experienced and professional Russian and Ukrainian teacher. Willing to come to your home. Charges 15 USD per hour. Contact Natalya for more details if interested at ngordicieva@gmail.com.

An experienced tutor available. Math, English, familiar with QSI curriculum. Elementary or middle school. Can come to your house after school. Kind but strict, ready to help your child with homework or just to make sure he/she is not behind. For inquiries please call/message Tanya 0663091300.

Tutor Available. Experience in working with elementary aged students. Highly motivated, responsible, flexible and kind to children. I have great willingness to support a child in a variety situation I will help in doing homework, especially math .I have great results in teaching it .Also, I have good experience in teaching the Russian language for foreign children. I develop an individual approach to kids. 0661020924

Task Force translation agency, a leading Ukrainian translation agency, looks for native speakers of English, German, Spanish, French, Dutch and Chinese languages for collaboration with regard to translation and proofreading into and from English and Russian. If interested, please send your information and/or CV to Anastasiya Yovzhenko, vendor manager at a.yovzhenko@force.ua"

Cats for adoption. The first ever Cat Adoption Center in Ukraine is searching for cat-lovers! Located in the veterinary clinic "Zoolux" ([Dmytrivska St. 39](http://Dmytrivska.St.39)), all cats are washed, vaccinated, and have underwent medical examinations - the only mission left is to find them friendly homes. If you're interested in donation or adoption, please contact at facebook.com/catfair.kyiv

I'm looking for a job as a nanny. Experienced, benevolent, calm, responsible, tactful. Recommendations, sanitary book - there. Languages: Russian, Ukrainian. Tel. 063-862-43-78

Housekeeper/Cook with fluent English. I have almost 8 years of experience working for expat's families. I am a responsible, reliable, kind and positive person. Cleaning, ironing, cooking special diet's meals, running small and not so small errands. Can also take care of your pets and plants. I speak Ukrainian, Russian and English. References upon request. Please contact me by e-mail: ovi55@ukr.net or phone : 093 862 66 32. Olga

Nanny/Housekeeper Available! We are leaving Kiev, so Ira, who has worked for us for more than two years, is available for babysitting and cleaning work. She is a very hard-working woman and has a positive, cheerful attitude. She always found age-appropriate activities for the girls (3 and 5 y.o), who love her very much. She also speaks basic English, so understanding each other was never a problem. She always knew what to do, while doing cleaning/laundry etc. even without me telling her. She has been working for KIS families for several years, she is honest, reliable, bakes delicious cookies - I would take her with us to our next assignment if I could! Call Ira directly on [+380 63 607 0507](tel:+380636070507)

Wonderful Cleaning Lady is available! Saponenko Lydmila Mobil: 0669859742. We would like to recommend a fantastic cleaning lady. She was not only a cleaning lady, but also a person to trust to pay your bills, run small errands, and cook. She knows how to get her job done! Lydmila was helping me with my kids, plus she is very responsible and intelligent person. We were very sad to let her go when we moved. If you need to confirm this reference please contact me at annapalmer03@gmail.com

Nanny-housemaid. Professional cleaning. There are recommendations. I will be glad to cooperate. Christina 099 314 28 82

Professional cleaning, purchase of groceries if necessary, I can drive children to classes, to music school .. Experience 6 years in diplomatic families. I will be glad to cooperate. +380 95 875 02 60- Anna

Personal driver, Personal chef. Worked in Poland as a cook-confectioner. Great experience. I will be glad to work with you. 095 467 03 22 Roman

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 Mitsubishi Galant 2009y, I can work from 9-00 to 14-00

Experienced driver (20+ as a driving instructor at driving school "Vinol"). I have been working at Kyiv International school for the last five years; and as a result of the fact that the owners of the school went abroad, I am looking for a job. Abilities & skills: attentive, responsible, cautious, calm, accommodating and no conflictive, no bad habits. **Vasil** Date of birth: 26 June 1968, Tel: +38(097)388-57-07

Apartment for Rent, Peremogy 125, 5 minutes drive to school. 4 rooms with full furniture, 2 parking include. Price 700\$. Call Natali 0978511725. Fluent English and Russian.

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. Or call the school office at 452-27-92/3. 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.





International Women's Club of Kyiv presents

BENEFIT FOLKLORE CONCERT "CHILDREN FOR KHOTIV HOSPITAL,"

on Thursday, November 16, 2017

from 7:30 PM till 8:45 PM

Ivan Honchar Museum, Lavrska street 19, Kyiv

Performances by:

Budymyr Children`s Folklore Group (Khotiv)

Day Bozhe Children`s Folklore Group (Kyiv)

Raduysia Folklore Group (Khotiv)



Come to see local culture, traditions and illustration of old ceremonies & rituals

Admission: 450 uah adult/300 uah reduced (children 3-16 y, disabled, veterans, pensioners), but feel free to donate more.

**Get your tickets at IWCK Office, Biloruskaya street 8 or Ivan Honchar Museum cash desk.
For other details, contact coordinator@iwck.org or +380 95 783 3930.**

All money raised will go directly for Khotiv hospital furnishings.



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 money to pay for their lunches. Be bright, eat right!

Breakfast 7:45 to 10:00	1'st Snack (first break)							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
3d School Week of the Month											
MONDAY											
									1222kcal		
Muesli & Yoqurt	Mozzarella	Chicken with Terivaki Sauce	Beef Stroganoff	Steam Cutlet (veal)	Fish with Special Sauce	Tomatoes Cucumbers	Steam Cutlet (veal) (80gr)	Muesli Bar	Yoqurt Fantasy	Steam Cutlet (veal)	Swiss Cookies
Ham & Cheese Bread & Buns & Pancakes	Baquette Tomatoes	Fried rice Bulgarian Sopsky Salad	Farfalle Pickled Cabbage Salad	Barley Porridge Steamed Vegetables	Omelet with Vegetables Grilled Vegetables	Assortment of Green Salads Eggs	Rice Cucumbers + Egg	Cheese Paprika	Apple Carrots	Farfalle Paprika	Juice
Omelet & Eggs	Lettuce	President Soup	President Soup	President Soup	President Soup	Onion Rings	Fruit	Cucumbers		President Soup	
Fruits	Grapes	White Bread Green tea with Lemon	Wholemeal bread with seeds Juice	Wholemeal bread with seeds Compote	White Bread Compote	Celery Beet Sticks	White Bread Water			White Bread Compote	
Vegetables	Water							Plums			
Juices & Tea		Swiss Cookies	Yoghurt	Fruit	Swiss Cookies	Corn		Juice 0,2			
									243kcal	646kcal	333kcal
TUESDAY											
									1439kcal		
Muesli & Yoqurt	Fresh Cheese	Gordon Blue(Chicken)	Pasta Carbonara	Boiled Chicken Fillet	Fish with Mushrooms	Tomatoes Cucumbers	Boiled Chicken Fillet (80gr)	Cracker	Cheese	Gordon Blue(Chicken)	Marble pie
Ham & Cheese Bread & Buns & Pancakes	Crouton	Fori	Spaghetti	Wheat Porridge "Artek"	Zaziki	Assortment of Green Salads Scrambled Eggs Croutons	Spaghetti	Nut	Crecker	Fori	Cranberry Tea
Omelet & Eggs	Paprika	Pasta Salad	Carrots With Raisins	Steamed Vegetables	Grilled Vegetables	Black Olives	Tomatoes	Kiwi	Fruits/Grapes	Cucumbers+ Egg	
Fruits	Berries	White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Celery	White Bread			Compote Wholemeal bread with seeds	
Vegetables	Bonaqua 0,5	Cranberry Tea	Juice	Compote	Compote	Carrots	Water	Cheese			
Juices & Tea		Marble pie	Yoghurt	Fruit	Marble pie	Corn		Yoghurt Activia			
									344kcal	755kcal	340kcal
WEDNESDAY											
									1456kcal		
Muesli & Yoqurt	Cheese Babybel	Rice "Kazimir"	Burekas	Steamed Chicken Cutlet	Fish with Tomato Basil Sauce	Tomatoes Cucumbers	Burekas 1p	Pancakes with Jam	Yoqurt Dino	Stewed Veal	Pundyk
Ham & Cheese Bread & Buns & Pancakes	Muesli Bar	Rice	Salad Stolichniv	Wheat Porridge Steamed Vegetables	Vegetarian Burekas Grilled Vegetables	Assortment of Green Salads Cheese Croutons	Season Salad 1/2portion of	Apple Yoqurt Actimel	Apple Carrots	Buckwheat Steamed Broccoli+ Corn	Fruit Tea
Omelet & Eggs	Celery	Clear Chicken Soup	Clear Chicken Soup	Clear Chicken Soup	Rossolnik Soup	Sweet Pepper	Clear Chicken Soup	Blueberries		Rossolnik Soup	
Fruits	Carrots	White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Celery	Fruit			White Bread	
Vegetables	Juice 0,2	Sea Buckthorn Tea	Juice	Compote	Fruit Tea	Broccoli	Water	Paprika		Compote	
Juices & Tea		Pundyk	Fruit, Yoghurt	Fruit	Pundyk	Corn		Bonaqua 0,5			
									398kcal	688kcal	370kcal
THURSDAY											
									1244kcal		
Muesli & Yoqurt	Sausage Bun	Home Style Chicken	Steak Beef	Baked Cutlet (veal)	Fish & Chips	Tomatoes Cucumbers	Grilled Chicken 80gr	Cheesecake	Toast with Cheese	Home Style Chicken	Praline
Ham & Cheese Bread & Buns & Pancakes	Green Salad Leaves	Grilled Vegetables	Rice	Buckwheat Steamed Vegetables	Vegetable Casserole Steamed Vegetables Pumpkin cream Soup	Assortment of Green Salads Eggs Croutons	Rice Korean carrots	Cucumbers Paprika	Apple Carrots	Rice Paprika + Egg Pumpkin cream Soup	Tea with Lemon
Omelet & Eggs	Cherry Tomatoes	Mixed Salad	Korean carrots	Dumpling Soup		Red Beans	Fruit	an Apple	Paprika		
Fruits	Bonaqua 0,5	White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Celery Green Peas Cabbage Carrots Corn	White Bread			White Bread	
Vegetables		Lemonad	Lemonade	Compote	Tea with Lemon		Water	Bonaqua 0,5		Compote	
Juices & Tea		Praline	Fruit, Yoghurt	Fruit	Praline						
									245kcal	784kcal	215kcal
HAPPY FRIDAY											
									1281kcal		
Muesli & Yoqurt	Toast with Cheese	Chicken Kiev	Faitas	Stewed Veal	Fish with Vegetable	Tomatoes Cucumbers	Home Style Chicken (80gr)	Marble Cake	Yoqurt Actimel	Chicken Kiev	Pancakes
Ham & Cheese Bread & Buns & Pancakes	Cherry Tomatoes	Mashed Potatoes		Artek	Fajitas with Cheese	Assortment of Green Salads	Mashed Potatoes	Actimel	Apple	Mashed Potatoes	Fruit Tea
Omelet & Eggs	Cucumbers	Green Salad with Pomegranate	Salad Starokievskiv	Steamed Vegetables	Grilled Vegetables	Eggs Croutons	Beets	Grapes	Carrots/Eggs	Cucumbers+ Carrots + Salad	
Fruits	Carrots	Borsch	Borsch	Vegetable Soup	Borsch	Onion	Fruit	Dried apricots	Pear	Borsch	
Vegetables	Grapes	White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Celery	White Bread			White Bread	
Juices & Tea	Bonaqua 0,5	Fruits Tea	Lemonade	Compote	Fruit Tea	Red Cabbage Beet Sticks	Water	Carrots		Lemonade	
									191kcal	810kcal	280kcal