

THE KOZAK'S KORNER

Calendar of Events

November

- 19—PTO Movie Night (CANCELED!!!)
- 19—MS Girls Basketball Slam Dunk
Saturday 2:00-5:00 pm in the New Gym
- 21—PTO Event Planning Meeting @ 2 pm
- 21-23—All School Thankfulness Project
- 24-25—Teacher Professional Development
(No School)
- 25—Arts of Creativity Photo Contest
Deadline
- 30—PTO General Meeting

December

- 1—Coffee Morning w/HS DI, Mr. Legan
- 1-4—MS Speech & Debate CEESA—Baku
- 3—IWCK Charity Bazaar 10:00am-5:00pm
- 5-7—Book Fair on the 2nd floor Lobby
- 7—PTO Board Meeting
- 7—11 year old Science Fair in the Cafeteria
2:00—3:35 pm
- 7-9—Secondary Drama Musical “Shakey?”
- 8—PTO Winter Holiday Celebration
- 13—HS/MS Music Concert @ 6:00 pm in
the New Gym
- 13—2nd Quintile Ends. Narratives & Status
Reports Issued
- 14—7 y.o. Concert: December Round the
World @ 9 am in the MPR
- 14—6P/6K Concert: December Lights @
2:30 pm in the MPR
- 14—8,9,10 y.o. Concert: An Old-and-New-
Fashioned New Year @ 6 pm-New Gym
- 15—IB Viva Voce Luncheon
- 16—End of Term 1
- 19-Jan. 6—Winter Break (No School)

January 2017

- 9—Term 2 Begins
- 11—PTO Board Meeting
- 21—SAT
- 25—PTO General Meeting
- 28—Teacher Professional Development
Day (No School)



November 18, 2016



A Note from the Director

Dear Parents:

As we approach the end of November, things are getting pretty busy. Make sure that you're checking our calendar for events such as class music performances and holiday parties in December.

An important note is that we will be having our European region professional development conference here in Kyiv this coming Thursday and Friday (November 24th and 25th), and there will be no classes these two days. This event brings together our school with the QSI schools in Papa, Hungary and Minsk, Belarus. The purpose is to have the opportunity to work together with a community of educators to reflect on and hopefully improve instruction and assessment. These are yearly events and are an important part of the work we do as educators to improve and to demonstrate what it means to be lifelong learners.

With this event, as with anything we do, I would encourage you to speak with us if you have questions; I think it is helpful to do so to understand better the role that these events take in our consistent improvement.

Enjoy the wintery weather; hopefully we'll get at least a few more days of autumn before the weather settles into the cold for good.

Eben Plese,
KIS Director

***PTO Movie Night has been CANCELED!**

New E-mail for Newsletter Advertisements

Dear KIS Community,

Please send any information that you may have for the Kozak's Korner to our new e-mail address:
newsletter@ukr.qsi.org



Kyiv International School

Svyatoshinsky Provulok 3A Kyiv, Ukraine/ Phone: 452-27-92/3 Fax: 423-61-66

Email: kiev@ukr.qsi.org Website: <https://www.qsi.org/ukraine/ukr/>

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

“Showing Gratefulness” Project

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.

~Oprah Winfrey~

The Success Orientations Committee is hosting its' second school-wide event this year:

Showing Gratefulness.

Each level will be given the opportunity to write "Thank You" cards to their peers and other KIS members, either during lunch or in their homeroom classes on Monday, 21 November and Tuesday, 22 November. Cards will then be distributed throughout each grade level on Wednesday, 23 November. Encourage your child to show their **gratitude** by completing a card for those they feel most **grateful** for!

Pre-School / Elementary School Korner

Preschool needs your help!

Christmas is definitely one of the most celebrated holidays all over the world. We all love receiving and giving presents to our family members and those we dearly love. Sharing joy and giving to those less fortunate is what defines this most wonderful time of year for many people. This month, we are talking about thankfulness in our classrooms, and we would like to give each of YOU an opportunity to show kindness to those who are less fortunate! We are collecting **toys/clothes/donations** to organize a Christmas party for children from very poor families in one of the villages in Poltava region. We will take a trip to this village during the winter break, and bring Christmas to kids there! We want to show these children they are loved and show them we care! We are expecting to have about 300 children attend this event at two different villages! Some of these children NEVER had a real Christmas because of difficult family situation, so we want to bring Christmas spirit there!



How can YOU help?

Clothes: anything you want to give away will definitely be appreciated and wanted by these kids and their families. Any age, any size – anything will make a difference! Both kids' sizes and grown-up clothing is welcome, and we will be happy to distribute it to those families

Christmas decorations/lights: let's make their world shine!:)

Toys and games: old or new, - what might look old to you will be LOVED and TREASURED by children who don't have any toys. English games are also great, and will encourage kids to learn English! They LOVE English lessons!

Money: we are planning to buy presents, sweets and food for these children, so ANY amount will be appreciated! There will be a box on reception saying "CHRISTMAS KINDNESS" – feel free to drop ANY amount! Every grivna counts!



We are also planning to set up a **Christmas Bake Sale** and proceeds will go toward this Christmas for those children! More details coming later!

There will be a **box by reception** starting next week, labeled **CHRISTMAS KINDNESS DONATIONS** where you can leave anything you want to donate! Clothes/games/toys can be brought to Ms. Zoya's class (225)

Thank you in advance for your input! We are very excited to show kindness to those who are less fortunate and be a small part of other children's happiness! □ For any additional information, please email Zoya Khimich at zoya-khimich@ukr.qsi.org. Happy Holidays! :)

Middle School Assemblies—Wednesday, November 16th

This week the Middle School celebrated the 3rd Success Orientation Assembly of the year! Each month all Middle School Students get together to celebrate birthdays of the month, students with zero tardies for the previous month, and the grade level that had the smallest percentage of tardies per student. This month's Success Orientation is Independent Endeavor, each month the Middle School Teachers prepare activities for each group of students to participate in related to the Success Orientation of the month.



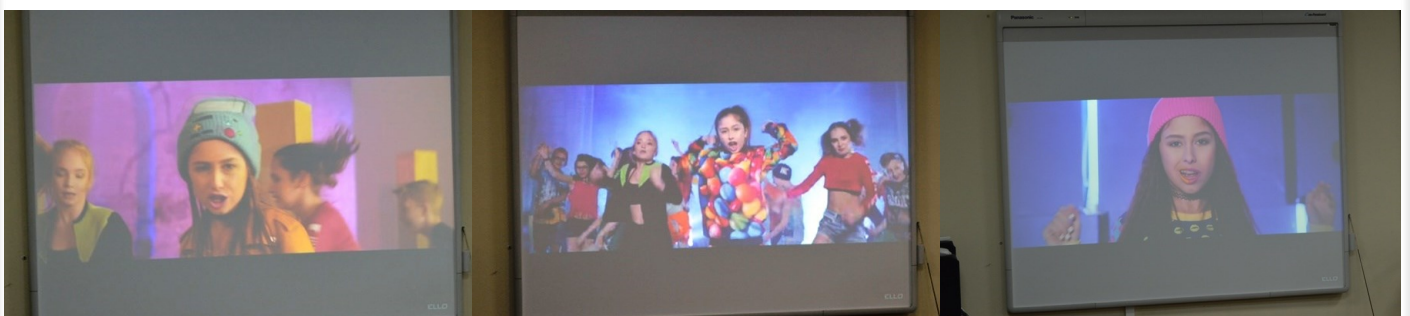
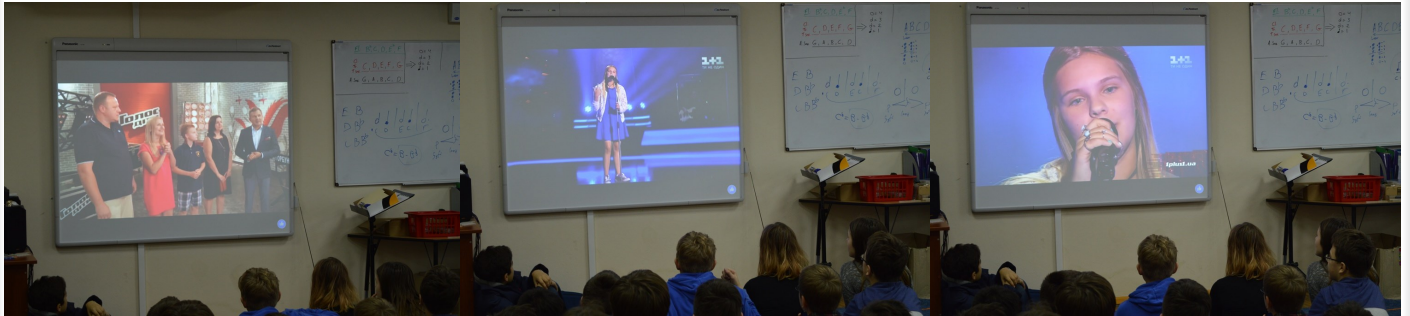
The 11 year old assembly this month was hosted by Mr. Clements, who diligently prepared an activity for the students in which they were able to discover their learning styles. Once the students completed their learning styles surveys, they were able to divide up into their learning styles groups and brainstorm ideas for the ways in which they learn and present information the best. It was interesting to see the variety of the members in each group and how the groups supported the information presented in the surveys.



Middle School Korner continued

The 12 and 13 year old assembly this month was hosted by Mr. Zeegers who had us all eagerly watching some of the KIS Middle School Students demonstrate their talents through videos, powerpoint presentations, and hands-on demonstrations. Alexandra Krechet informed the group of the sport of fencing, showed an intense video of fencing competitions, and even did a demonstration of some of the moves on Mr. Zeegers! Maksym Temnosagatyi showed a powerpoint presentation and video about Tae-Kwon-Do, a talent he holds a Black Belt in! The students also watched videos of two very talented girls, Nadiia Honcharenko showed a video of her audition for the Ukranian version of "The Voice" and Daria Pyshna shared with the group a music video she starred in.

~ Danielle Zastrow



Middle School Korner continued



**KIS MIDDLE SCHOOL
GIRLS BASKETBALL
SLAM DUNK SATURDAY**
November 19. 2pm - 5pm
in the NEW GYM

All Middle School Girl Student Athletes
AND their parents are invited to help
kick off the 2016-2017 Lady Kozak
basketball season with an afternoon of
drills, competitions and pizza.

PLAYERS VS PARENTS
BALL HANDLING and DRIBBLING COMPETITION
FREE THROW AND THREE POINT SHOOTING CONTEST
3vs3 and FULL COURT GAMES

Please RSVP to Conover Conover. david-conover@ukr.qsi.org

Secondary School Korner

Secondary StuCo (Student Council) Meeting on Thursday, Nov. 17th



National Honor Society Korner

NHS Has No Limits!



A "Be A-Amazing" competitor shows the concentration necessary to beat the clock.

Photo by Sophie Chapin

National Honor Society (NHS) members joined the fun at Fall Festival, offering Halloween-themed activities "Bag the Cat," "Be A-Mazed," "Hop the Witch," and "Ponder Peace." They collaboratively led in planning the activities and modeled perseverance to the young participants. Known for emphasizing scholarship, National Honor Society goes far beyond the classroom. The members' contribution at Fall Festival clearly



NHS member Anastasia Rheinbay models a face painting design at "Ponder Peace".

Photo by Sophie Chapin

demonstrated how to render service to the student body in a way that knows no limits.

MS and HS Music Concert December 13th

Dear Parents,

It is winter concert time! Your children have been working diligently to prepare for our performance. The beginning wind ensembles will present "Winter Fun," a wide range of musical performances that will satisfy everyone's tastes. So please mark your calendars because you and your family and friends are all invited to this spectacular event.



Who: Middle and High School Ensembles

Date: Tuesday, December 13, 2016

Time: 6:00 pm

Where: The New Gym - KIS



All music enrolled students must stay after school on Tuesday, December 13th to get their instrument(s) ready and have a final dress rehearsal. The music department and KIS staff will provide all the support necessary to ensure all students work together as a group/team, are present, all instruments are ready, students are warmed up both individually and in sections, dressed properly and eat a small dinner. (Food options are below)

Mandatory Rehearsals

- Friday, Dec. 9th- **Level 13 Students**- After-school
- Monday, Dec. 12th- **Level 12 Students**- After-school
- **Level 11 Students** will rehearsal during school hours. *Last Bus will be available for bus riders*

What to Wear (Concert Attire)

All students must wear dark pants/dresses, a nice button-up or collared shirt and nice dark dress shoes.

What NOT to Wear:

Any type of jeans, bright color pants, sneakers, bright color sport shoes.

Food Options:

- Order Pizza (*Mr.A will collect the money, and place an order that morning of the concert to be delivered after school*) **OR**
- Students will bring their meal from home **OR**
- Students can bring money to buy food from snack bar at the school.

We cannot wait to see you! And as always, please feel free to contact us if you have any questions or concerns. We wish you all a happy winter vacation, and thank you for your support and encouragement. It is highly appreciated. We could not do it without you!

Thank you,
Ventzi Assenov



JV Boys Soccer CEESA in Moscow, Russia



Last week, the JV boys' soccer team took part in a CEESA tournament hosted by Anglo-American School of Moscow. The boys experienced the joy of taking second place in their pool as well as the heart break of losing only one game against the TISA soccer team, the champions of the CEESA tournament. The boys tied the games against Warsaw (1:1) and Moscow (0:0) teams. Also, a five star-performance from every player on a team led to a 2:1 win over Istanbul.

Our boys have represented their school at a very high level. Tanner and Benjamin were selected as the MVP players. Min Soo got the greatest number of individual sportsmanship pins among all the participants. Finally, the endless effort and input of each player gave us a chance to bring a Sportsmanship Trophy to Kyiv.

Besides a competitive experience, our boys were lucky to have an amazing cultural trip. They visited the Red Square and the Spartak (one of the top soccer clubs in Russia) Stadium. The last place was especially fascinating for the boys. They saw the change rooms for Spartak players and their guests. Also, they could sit in a chair of Quincy Anton Promes, one of the most popular Spartak players, and other "Spartak" players, too. The boys visited the referees' room, conference room, VIP lounges, the soccer field, and the museum of Spartak's performance and achievements.

Though Moscow met us with lots of snow and pretty low temperature (-7 C) for this time of the year, the boys had the wonderful two days of athletic and cultural experience. Mr. Prima and Mrs. Prima, the coaches, are very proud of their players' performance, attitude, and desire to win and wish them good luck in their other sports and activities this school year.





Cross Country CEESA Highlights from Tbilisi, Georgia

The Middle School and High School running teams went last week to Tbilisi, Georgia for CEESA Cross Country. It was a nice trip and experience. All runners made a great effort. The course was in a beautiful area, in the hills directly next to Tbilisi QSI school, but it was a very difficult course. It had a lot of altitude difference, running long and steep uphill trails and winding downhill on loose gravel at some parts.

The MS runners had 3 and 5 km races, the HS runners did a 5 and 8 km. On the MS side, all runners achieved personal bests in the 5 K. For the girls, Aoi finished 16th, and Sayaka Kino finished 17th overall. For the boys, Takashi Kino finished 17th in the 5 K.

Every Secondary runner set a new personal best in the 8K. Jack Northrup and Anastasija Rheinbay finished in the top 10, and Polina Palmer finished in the top 15 in both races.

Coaches Mr. Crane and Mr. Peter are proud of all runners performance and commitment. It was a good experience.

A cultural and nature trip was provided on Saturday afternoon, giving the teams an opportunity to see and learn something about beautiful Georgia. The weather was excellent the whole time. This resulted in the only negative experience of the trip; arriving on return in Kyiv the doors of the airport opened and Sunday evening's snow blizzard hit our faces.



Sports Korner (Cross Country continued)



Thank you for your help hosting HS Girls Soccer

Dear Students and Parents,

Now that I have had a chance to catch my breath I would like to say a heart felt thank you to all of you for helping make the HSG CEESA Soccer Tournament such a successful event.

Reviews from visiting teams were all very positive in regards to housing and again I thank you for that.

These events do not happen without families like you opening your homes to total strangers. I hope that after this past weekend there are two or three less strangers in the world and two or three new friends. I have always said that this is a great experience for host families and guests and I hope you now understand why and feel the same way.

If there is any feedback that you would like to share with me in regards to the housing please do so. We have four more events to go this year and if there are improvements that can be made I would like to hear about them.

As mentioned in previous emails, I hope to have families host only one of the three events they signed up for but in case of an emergency I may need to call on some of you again. Naturally, I will call on those students who have traveled to other cities and have been hosted by other families first.

Thank you again for your amazing support in KIS after school activities. Have a fantastic day.

Marty Curry



**Winter Holiday
Celebration
is coming!**

Winter Holiday Celebration Event Planning Meeting

When: Monday, November 21st at 2 p.m.

Where: Cafeteria

What:

We will discuss the **ideas**, plan the **festive activities** and organize **work teams**.

If you can not come but have some suggestions please write to us to pto@ukr.qsi.org or call Ann Ferm at 093-4341132.



***Let's make it a fantastic memory
for our children!***



IWCK Charity Bazaar

Dear teachers, parents and students,

IWCK would like to invite you to the 24th Charity Bazaar.

WHEN: Dec.3, 2016 - Saturday

What time: 10am-5pm

International Women's Club of Kyiv is organising a Charity Bazaar in order to raise money for those in need in Ukraine. ALL REVENUES from this charity event would go to orphans, elderly people, disabled kids and others.

This year we have more space: **three floors at NSC Olimpiyskiy for IWCK Charity Bazaar!**

The traditional set up of the event:

- **40 Embassies** based in Kyiv will be selling national and handmade products, national drinks and dishes
- Bazaar will be accompanied by the **cultural program**: music and dances from all over the world; football games, barman shows, dance workshops;
- Kids will have the chance to explore various craft workshops and traditional games at the **Kid's Corner**;
- Visitors can try good luck at **Grand Raffle/Tombola** and win valuable prizes as airline tickets, gift certificates for restaurants and hotels, embassy baskets...
- Second hand clothes as well as home appliances, electronic gadgets, books and many more.

We would like to thank to all teachers, students and moms from KIS who are volunteering at our Charity Bazaar, and also for the support of KIS with the flag parade!

We will be selling the tickets at the KIS reception on November 23, 29 and December 1.

The entrance fee:
80 UAH adults, 20 UAH for pensioners and kids 6-18 years
VIP ticket for 2 persons: 350 UAH - allows you to come earlier from 9.15 and see the Official Opening with Embassies.



The poster features a light blue background with snowflake patterns. At the top center is the IWCK logo, which consists of three stylized human figures in red, yellow, and blue, with the text 'IWCK International Women's Club of Kyiv' below it. The main title '24th Charity Bazaar' is written in a large, dark blue font, followed by its Ukrainian equivalent '24-й Благодійний Ярмарок'. Below the title, the date and location are specified: 'December 3rd, 2016; NSC «Olimpiyskiy» St. Velyka Vasylkivska 55; From 10.00 to 17.00'. Ticket information is provided: 'Ticket donation: adults 80 UAH; children 6-18 y.o., senior citizens: 20 UAH; children under 6 y.o., disabled, veterans: free'. A note states 'A document confirming your right to a discount is required'. The Ukrainian version of the text is also included: '3 грудня 2016 року; НСК «Олімпійський» вул. Велика Васильківська 55; години роботи: з 10.00 до 17.00. Благодійний внесок за квиток: дорослі - 80грн; діти від 6 до 18р., пенсіонери - 20грн; діти до 6 років, люди з обмеженими можливостями, ветерани - безкоштовно. Документ, що підтверджує право на знижку є необхідним.' At the bottom of the poster, there is an illustration of a festive bazaar with several stalls under a string of colorful flags. Below this illustration, the 'GENERAL SPONSORS' and 'MEDIA PARTNERS' are listed with their respective logos.

GENERAL SPONSORS: METRO, LAFARGE, LAFARGEHolcim (A member of), NSC OLIMPIYSKIY

MEDIA PARTNERS: Ipython, CREDIT AGRICOLE, AMERICAN MEDICAL CENTERS, АУАН, TURKISH AIRLINES, день KyivPost, hromadske.ua, МРАДА LLC, MULTI, PHILIPS, Henkel, L'OREAL, Japanese Enterprise Club in Ukraine, ControlPay, BAYER, СВРОНЕЙСЬКА ПРАВАДА

Classifieds

Welcome to Oda Radosti School of Music Aesthetic! Individual and group classes in piano, guitar, percussion, singing and dancing. Sign up: [+38 067 507 05 38](tel:+380675070538).

Piano Lessons - for children and adults. 30 year Experience from 5 year and.. Contact: [+ 380 50 6145017](tel:+380506145017), [e-mail:vshtepa@online.ua](mailto:vshtepa@online.ua)

Car for Sales. Expat leaving and selling Mitsubishi Outlander 4x4 2.0 petrol 2013 Automatic, Silver, full Mitsubishi service history, 1st owner, low mileage (50 000 km). 2 sets of tires, accident-free. Excellent conditions. 19500 USD Call: 067 444 9704

Dance Lessons @ KIS. All boys and girls 5-8 years old who love to dance are invited for a fun lesson every Monday and Wednesday after school at 15:40-16:20, in the Multi-Purpose Room. Nadia 0956876930

Super driver for your family! 2 in one - driver for family and safe driver-instructor. Responsible and honest. Experience: 13 years. 33 years old. Ready to work for 24 hours. Languages: Russian, Ukrainian. Available immediately. Cell number: 38 097 942 4444. E-mail: L_maksymenko@list.ru

Cleaning Lady Available. Responsible and accurate. I have experience and some references. I speak English. Oxana 096 392 41 42.

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

Nanny/Babysitter/Substitute Nanny for kids 2+,Tutor. Cook/Housekeeper/Substitute Cleaning lady if needed. I have almost 10 years of experience working for expat's families. I am a responsible, reliable, kind and positive person. Will be happy to explore museums, historical sites, opera-house, etc. with your kids. 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 or phone : 093 862 66 32. Olga

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.

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 Available. Professional cleaning of apartments, purchase of groceries if needed, I can also take children to school or music school or any needed event. Experience 5 years diplomatic families. Recommendations upon request! I will be glad to work with you +380 95 875 02 60 Anna

Housekeeper Available. (cleaning, washing, ironing) one day a week. I'm glad to be helpful. Tina (098 124 00 28)

Several apartments for rent on Honchara street, Yaroslaviv Val street, Ivana Franko - near to metro station Golden Gates. Great layout with total 200-250 sq. m. 3-4 bedrooms, big living room, kitchen, 2-3 bathrooms, balconies or terraces, newly renovated, individual design in European style in the historical part of city. Please call [+38050 4469357](tel:+380504469357) for viewings.

Nanny/Housekeeper. 0993142882 Kristina

Babysitter/Housekeeper Available. My name is Alla. I am 58 years old, I live in Kiev. I'm looking a job babysitting or housekeeper. I have experience in American, French, Italian family 15 years. I have letters of recommendation. My contact 097-795-01-37.

Beautiful, cozy, open space apartments in central part of Kyiv are waiting for their tenants. 15-20 min driving to KIS, apartment sizes 180-300 sq.m., one or two levels, 3-5 bedrooms, panoramic views, with private parking space. Bank transfer and registration - if needed. For additional information: office@slgroup.com.ua +38050 4469357

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.

For Rent. Petropvliivska Borschagivka, 2 km from Ring Road, 7 min drive to KIS. New cottage with total 400 sq.m., partially furnished. First floor - kitchen, living room with fireplace, dining room, guest toilet. Second floor - 4 bedrooms and 2 bathrooms. Lots of storage space. Land 800 sq.m. with garden and BBQ area. 3000 usd + all monthly payments are. For additional information:office@slgroup.com.ua +38050 4469357

Available housekeeper, nanny! Galina has experience in families : Kyiv International School , various embassies and international companies of different nationalities . I do all the housework , looking after children. Responsible , hardworking . please Call 0967756720

Nanny Available. Olia has been helping us with 3 children for 2,5 ears. She is responsible, calm. She easily finds common language with children. Our youngest child was only 8 months when we left her with Olia for the first time. Before going to sleep our children listen how Olia plays the piano classics. She is a music teacher. Her duties: complete care for children, ironing, laundry, cooking. She looks for full or part time job. She speaks Ukrainian, Russian, basic English. Call Olia directly [+380663505997](tel:+380663505997)

ALL APARTMENT for RENT NEAR GOLDEN GATE AREA. 5 room - Jaroslavov Val, 15 - 185 sq.m, 2 wc. // 2 room - Streletskey, 13 - 87 sq.m- near Norway Embassy. price - 950 USD // 2 room - Streletskey, 7 55 sq.m - 1200 USD // 2 room- Streletskey, 13 - 78 sq.m - 1000 EURO // 3 room - Streletskey, 13 - 98 sq.m - 1500 USD (on december 2016) // House - Petropavlovskay Borshagovka, Mira Str., 350 sq.m - price 2500 USD. Contact: Victoria Shtepa [+ 380 50 6145017](tel:+380506145017), or [+ 380 0951941040](tel:+380951941040), e- mail: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. 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,

The cafeteria registers the child absent only in case you inform us before 9 o'clock on the day of absence. Please, don't forget to write an e-mail on admin@kfncafeteria.com or call us on (044) 452 29 97, 050 311 71 87. Be bright, eat right.

Breakfast at the snackbar 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
4th School Week of the Month											
MONDAY											
Muesli & Yoqurt	Crepes	Chicken with Garlic Sauce	Pasta Bolognese	Beef Outlet	Fish with Special Sauce	Tomatoes Cucumbers	Chicken with Garlic Sauce (80gr)	Baquette	Yoqurt Fantasy	Beef Outlet	Oatmeal Cookies
Ham & Cheese Bread & Buns & Pancakes	Strawberry Jam	Rice with spinach	Spaghetti	Rice	Vegetable Raqout	Assortment of Green Salads	Rice	Soft Cheese	Apple	Rice	Compote
Omelet & Eggs	Carrots	Green Salad	Salad Bar	Steamed Vegetables	Grilled Vegetables	Eggs	Cucumbers + Eqq	Tomatoes	Carrots	Broccoli+ Eqq	
Fruits		Vegetable Soup		Vegetable Soup	Vegetable Soup	Onion Rings	Fruits	Lettuce		Vegetable Soup	
Vegetables	Cheese	White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Celery	White Bread	Grapes		Bread	Green tea with Lemon
Juices & Tea	Juice 0.2	Green tea with Lemon	Juice	Compote	White Bread Green tea with Lemon Oatmeal Cookies	Beet Sticks	Water	Juice			
		Oatmeal Cookies	Yogurt	Fruits		Corn			388kcal	670kcal	590kcal
TUESDAY											
Muesli & Yoqurt	Wholemeal bread with seeds	Breaded and Baked Chicken Drumsticks	Criollo Beef	Baked Turkey Breast	Grilled Fish with Lemon	Tomatoes Cucumbers	Baked Turkey Breast Cutlet (80gr)	Pizza	Crepes	Criollo Beef	Bun with cinnamon
Ham & Cheese Bread & Buns & Pancakes	Mozzarella cheese	Penne Pasta	Mashed Potatoes	Falafel	Falafel	Assortment of Green Salads	Mashed Potatoes	Cucumber		Mashed Potatoes	Compote
Omelet & Eggs	Tomatoes	Salad "Cesar"	Salad Bar	Steamed Vegetables	Grilled Vegetables	Scrambled Eggs	Broccoli	Pepper	Fruits/Grapes	Paprika	
Fruits	Ruccola	White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Black Olives	Fruit	an Apple		President Soup	
Vegetables	Pear	Hibiscus Tea	Juice	Compote	Hibiscus Tea Bun with cinnamon	Celery	White Bread	Bonaqua 0.5		Bread	Hibiscus Tea
Juices & Tea	Bonaqua 0.5	Bun with cinnamon	Yogurt	Fruits		Corn	Water				
									192kcal	782kcal	373kcal
WEDNESDAY											
Muesli & Yoqurt	Muesli	Chicken with Orange Sauce	Wiener schnitzel	Boiled Chicken	French Fish	Tomatoes Cucumbers	Wiener Schnitzel (80gr)	Peach	Oatmeal Cookies	Wiener schnitzel	Cottage cheese Pancakes
Ham & Cheese Bread & Buns & Pancakes	Milk	Rice	Boiled Potatoes with butter	Buckwheat	Carrots Cutlet	Assortment of Green Salads	Boiled Potatoes with butter	Cornflax	Apple	Buckwheat	Fruits Tea
Omelet & Eggs	Nuts	Fitness Salad	Salad Bar	Steamed Vegetables	Grilled Vegetables	Cheese	Carrots + Eqq	Activia 290ml	Carrots	Cucumber + Eqq	Macaroni Fanny Soup
Fruits	Banana	Macaroni Fanny Soup		Clear Chicken Soup	Macaroni Fanny Soup	Sweet Pepper	Fruit	Bonaqua 0.5		Bread	
Vegetables	Bonaqua 0.5	White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Celery	White Bread			Compote	
Juices & Tea		Fruits Tea	Juice	Compote	Fruits Tea	Broccoli	Water				
		Cottage cheese Pancakes	Yogurt	Fruits	Cottage cheese Pancakes	Corn			283kcal	1057kcal	252kcal
THURSDAY											
Muesli & Yoqurt	Grapes	Hawaiian Chicken	Empanadas	Steamed Meat Beef	Fish Cutlet "Briantine"	Tomatoes Cucumbers	Steamed Meat Balls (veal) (80gr)	Cheese President	Toast with Cheese	Steamed Meat Beef	Sponge Cake with Chocolate
Ham & Cheese Bread & Buns & Pancakes	Toast with Cheese	Fried rice		Cous-Cous	Stuffed Paprika	Assortment of Green Salads	Buckwheat	Wholemeal bread with seeds	Apple	Cous-Cous	Chamomile Tea
Omelet & Eggs	Cherry Tomatoes	Green Salad with Pomegranates	Salad Bar	Steamed Vegetables	Grilled Vegetables	Eggs	Paprika	Cherry Tomatoes	Carrots	Green Salad	Leaves with Corn
Fruits	Carrots	Potatoes cream Soup		Clear Chicken Soup	Potatoes cream Soup	Red Beans	Fruit	Green Salad	Paprika	Potatoes cream Soup	
Vegetables	Yogurt	White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Celery	White Bread	Pear		Bread	
Juices & Tea	Bonaqua 0.5	Chamomile Tea	Juice	Compote	Chamomile Tea	Green Peas	Water	Bonaqua 0.5		Compote	
		Sponge Cake with Chocolate	Yogurt	Fruits	Sponge Cake with Chocolate	Carrots			191kcal	720kcal	242kcal
						Corn					
HAPPY FRIDAY											
Muesli & Yoqurt	Cottage Cheese Pancakes	Chicken Tenders	Hot dog	Baked Chicken Breast	Fish Raqu	Tomatoes Cucumbers	Hot dog	Cottage Cheese Pancakes	Yoqurt Actimel	Chicken Tenders	Muffin
Ham & Cheese Bread & Buns & Pancakes	Strawberry Jam	Farfalle	Tex-Mex	"Artek"	Cabbage Rolls	Assortment of Green Salads	Salad mix	Jam	Apple	Farfalle	Juice
Omelet & Eggs	Apple	Salad mix	Salad Bar	Steamed Vegetables	Grilled Vegetables	Eggs	1/2 portion of Borsch	Grapes	Carrots/Eggs	Tomatoes	
Fruits	Paprika	Borsch		Buckwheat Soup	Borsch	Onion	Fruit	Yoqurt Jivinka	Pear	Borsch	
Vegetables	Cucumbers	White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Celery	White Bread	Bonaqua 0.5		Bread	
Juices & Tea	Juice 0.2	Earl Gray Tea with Lemon	Lemonade	Compote	Earl Gray Tea with Lemon	Red Cabbage	Water			Fruit Tea	
		Fruits Salad	Yogurt	Fruits	Fruits Salad	Cheese			281kcal	885kcal	191kcal
						Corn					