

	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5	
1	Cottage Cheese/Nuts	(R)	Breakfast Sausage Links	(I)	Cottage Cheese/Nuts	(R)	Breakfast Sausage Links	(I)	Cottage Cheese/Nuts	(R)
	Apple Dessert	(T)	Bran Chex	(R)	Russkoye Cookies	(NF)	Granola	(R)	Peach Dessert	(T)
	Vostok Cookies	(NF)	Peaches	(T)	Apple-Peach Jce w/ Pulp	(R)	Fruit Cocktail	(T)	Milk	(R)
	Milk	(R)	Green Tea w/ Splenda	B	Coffee w/ Sugar	(R)	Green Tea w/ Splenda	B	Coffee w/ Sugar	(R)
	Coffee w/ Sugar	(R)								
2	Kharcho Mutton Soup	(R)	Potato Soup	(T)	Pike Perch in Baltika Sauce	(T)	Split Pea Soup	(T)	Borsch w/ Meat	(R)
	Chicken in White Sauce	(T)	Chicken Strips in Salsa	(T)	Pureed Vegetable Soup	(R)	Teriyaki Beef Steak	(I)	Meat w/ Barley Kasha	(T)
	Visit crackers	(NF)	Pineapple	(T)	Beef Goulash	(T)	Mashed Potatoes	(R)	Table Bread	(IM)
	Apple-Black Curr Jce/Pulp	(R)	Shortbread Cookies	(NF)	Mashed Potatoes w/ Onions	(R)	Butter Cookies	(NF)	Sugar Cookies	(NF)
	Tea w/o Sugar	(R)	Tropical Punch	(B)	Vostok Cookies	(NF)	Orange-Pineapple Drink	(B)	Apple-Nut Bar	(IM)
					Peach-Black Currant Jce/Pul	(R)			Apricot Juice w/ Pulp	(R)
					Tea w/ Sugar	(R)			Tea w/o Sugar	(R)
3	Sweet & Sour Chicken	(R)	Assorted Vegetables	(R)	Chicken Fajitas	(T)	Lamb w/ Vegetables	(T)	Beef Stew	(T)
	Cheese Tortellini	(T)	Pork w/ Potatoes	(T)	Tortillas	(NF)	Russkoye Cookies	(NF)	Macaroni & Cheese	(R)
	Fruit Cocktail	(T)	Russkoye Cookies	(NF)	Corn	(R)	Prunes Stuffed w/ Nuts	(IM)	Vegetarian Vegetable Soup	(T)
	Candy Coated Peanuts	(NF)	Apricot Juice w/ Pulp	(R)	Candy Coated Chocolates	(NF)	Apple-Black Curr Jce/Pulp	(R)	Macadamia Nuts	(NF)
	Green Tea w/ Splenda	B	Currant Tea w/ Sugar	(B)	Orange-Mango Drink	(B)	Tea w/ Lemon & Sugar	(R)	Apple Cider	(B)
4	Chicken-Pineapple Salad	(R)	Milk	(R)	Cashews	(NF)	Vostok Cookies	(NF)	Candy Coated Chocolates	(NF)
	Tortillas	(NF)	Sweet Almonds	(NF)	Granola Bar	(NF)	Ledokol Toffee	(NF)	Green Tea w/ Splenda	B
	Green Tea w/ Splenda	B	Grape-Plum Juice w/ Pulp	(R)	Green Tea w/ Splenda	B	Peach-Apricot Juice w/ Pulp	(R)	Milk	(R)
			Tea w/o Sugar	(R)						
	DAY 6		DAY 7		DAY 8		DAY 9		DAY 10	
1	Breakfast Sausage Links	(I)	Cottage Cheese/Nuts	(R)	Breakfast Sausage Links	(I)	Cottage Cheese/Nuts	(R)	Vegetable Quiche	(R)
	Granola	(R)	Apple Dessert	(T)	Bran Chex	(R)	Peach Dessert	(T)	Granola	(R)
	Pears	(T)	Visit crackers	(NF)	Peaches	(T)	Visit crackers	(NF)	Pineapple	(T)
	Cocoa	(B)	Milk	(R)	Green Tea w/ Splenda	B	Milk	(R)	Cocoa	(B)
	Green Tea w/ Splenda	B	Coffee w/o Sugar	(R)			Coffee w/ Sugar	(R)	Green Tea w/ Splenda	B
2	Cream of Mushroom Soup	(R)	Assorted Vegetables	(R)	Minestrone Soup	(T)	Noodle Soup w/ Meat	R	Tomato Basil Soup	(T)
	Tuna Noodle Casserole	(T)	Pickled Cucumber /Meat So	(R)	Lasagna with Meat	(T)	Pan-fried Meat w/ Rice & V	R	Grilled Pork Chop	(T)
	Carrot Coins	(T)	Beef w/ Vegetables	(T)	Fruit Cocktail	(T)	Table Bread	(IM)	Broccoli au Gratin	(R)
	Brownie	(NF)	Table Bread	(IM)	Shortbread Cookies	(NF)	Russkoye Cookies	(NF)	Pears	(T)
	Orange-Pineapple Drink	(B)	Prunes Stuffed w/ Nuts	(IM)	Orange-Mango Drink	(B)	Apple-Nut Bar	(IM)	Candy Coated Chocolates	(NF)
			Vostok Cookies	(NF)			Apple-Peach Jce w/ Pulp	(R)	Tropical Punch	(B)
			Peach-Black Currant Jce/Pul	(R)			Tea w/o Sugar	(R)		
			Earl Grey Tea w/ Sugar	(R)						
3	Tokana Meat & Vegetables	(T)	Sliced Beef w/ BBQ Sauce	(T)	Chicken w/ Rice	(T)	Sweet & Sour Pork	(T)	Tokana Meat & Vegetables	(T)
	Table Bread	(IM)	Potatoes au Gratin	(R)	Assorted Vegetables	(R)	Cauliflower w/ Cheese	(R)	Pork Loin w/ Mashed Potat	R
	Russkoye Cookies	(NF)	Green Beans & Mushrooms	(R)	Wheat Bread Enriched	(IM)	Noodles & Chicken	(R)	Table Bread	(IM)
	Apricot-Apple Jce w/ Pulp	(R)	Butter Cookies	(NF)	Sugar Cookies	(NF)	Candy Coated Peanuts	(NF)	Milk	(R)
	Tea w/ Lemon & Sugar	(R)	Grape Drink	(B)	Milk	(R)	Pineapple Drink	(B)	Apple-Nut Bar	(IM)
					Green Tea w/ Sugar	(B)			Earl Grey Tea w/ Sugar	(R)
4	Prunes Stuffed w/ Nuts	(IM)	Chicken Salad	(R)	Hazelnuts	(NF)	Tuna Salad Spread	(T)	Vostok Cookies	(NF)
	Hard Chocolate	(NF)	Tortillas	(NF)	Ledokol Toffee	(NF)	Tortillas	(NF)	Apricot-Apple Jce w/ Pulp	(R)
	Grape-Plum Juice w/ Pulp	(R)	Green Tea w/ Splenda	B	Peach-Apricot Juice w/ Pulp	(R)	Green Tea w/ Splenda	B	Almonds	(NF)
	Tea w/o Sugar	(R)			Tea w/o Sugar	(R)			Tea w/o Sugar	(R)