

THE KOZAK'S KORNER



March 10, 2017



Kyiv International School

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

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

LETTER FROM THE DIRECTOR

Dear Parents:

It was a busy week here in Kyiv International School. I saw that a few of you had the opportunity to meet our incoming director, Mr. Luke Woodruff. We were engaged in various meetings over the couple of days he was here, so unfortunately there wasn't as much "free" time for him to walk around the school and meet people as we might usually like, but at the same time, I think that his experience here was a positive one, and I was glad to see the welcome that he received from those who met him.



At this point, we will be taking further steps toward our transition time. While I am still very much the director here, and Mr. Woodruff is still working hard in Dongguan, China, there are a few steps that we go through to make this transition smooth.

Part of this has already started to happen: I am including Mr. Woodruff on communications that will affect him in the future. These include personnel and budgeting decisions, but they may also include individual issues that may come across his desk next year. The frequency of these communications will increase as the spring rolls on and he will be included as much as is possible and logical into any important decisions we need to make.

Officially, Mr. Woodruff will start his responsibilities as the director of Kyiv International School on July 1, 2017, though even this time will be a transition period, as I will still need to respond to budgeting and spending issues that relate to the current school year. And of course, as I will continue working with QSI, though in a different capacity, I will be available to answer any questions and to assist with things here at the school while Mr. Woodruff is getting adjusted to life here at Kyiv International School.

(Continued on the next page →)



Calendar of Events

March

- 8-12 — HS V Boys Basketball CEESA— Bucharest
- 8-12 — HS V Girls Basketball CEESA— Budapest
- 9-12 — HS JV Boys/Girls Basketball CEESA— Warsaw
- 10 — Graduation Planning Meeting 10:30am
- 15 — Coffee Morning w/Secondary DI, Mr. Scott Legan
- 18 — Secondary By-Law Day 10am—4pm
- 24 — End of Term 2
- 27 — Term 3 Begins
- 29 — PTO General Meeting

April

- 1 — NHS Group Service Project 9am—4pm
- 5 — Guest Speaker @ KIS: Jordan Hattar (Help4Refugees)
- 5 — PTO Board Meeting
- 7 — KIS ARTfest
- 8 — ACT
- 8 — PTO Gala Dinner
- 17-21 — **Spring Break—No School**
- 25 — 4th Quintile Ends. Narratives & Status Reports Issued
- 26 — PTO General Meeting
- 27-30 — MS Knowledge Bowl CEESA— Kyiv, Ukraine



Visitors from OSI headquarters in Ljubljana visited KIS this week along with our new school director.

→
This process is repeated for our other administrative staff arriving in Kyiv for the next school year. Ms. Martin has already been in touch with Ms. Lois about elementary issues and has been working on getting to know this division, and Mr. Tempel has been in touch with Mr. Galicia and Mr. Legan about his transition.

There is always a concern, rightfully so, about how smooth we can make these administrative (and other staffing) transitions, and we recognize that there is always a learning curve associated with these changes. It is, however, in our best interests to make sure that our incoming staff—all of it, not just our administrative staff—is prepared for coming here to Kyiv and to Kyiv International School.

In more mundane news, it would appear that spring has arrived in force. We are excited about it...it sure was a tough winter this year. I hope that you are enjoying this beautiful time of year in Kyiv. I know that I am trying to soak up every moment of it while I can.

Have a great weekend.

Eben Plese,
KIS Director

Re-Application for 2017-2018



Dear Parents:

It's time to start thinking about the 2017-2018 school year. We ask, if you know your plans for next year, that you fill out a reapplication form.

To re-register, please go to your family profile in Moodle using your parent log-in and click the button next to your child's name. Please click the **re-apply** button and update the information if you wish to re-enroll your children for the next school year. Please click **not-coming-back** to indicate that your child is withdrawing.

The final due date for this is **May 1, 2017**. If you have any questions or need any assistance with this process, please feel free to contact the registrar's office at the school, and she will be happy to assist you in this matter by phone or by putting you through with our IT specialist.

Thank you for your assistance with this.

KIS Administration

Pre-School Korner Friday Doughnut Bake Sales

Dear KIS community,

Ms. Zoya and Mrs. Fremont will be doing **Friday Doughnut Bake Sales** during lunch hours. Come get your doughnuts! All proceeds will go to support village families with disabled children and needed medication.



Middle School Korner

MS Week Without Walls Informational Meeting

PLEASE JOIN MR. GALICIA AND MS. ZASTROW FOR THE MIDDLE SCHOOL WEEK WITHOUT WALLS INFORMATIONAL MEETING _



Date Thursday, 23 March 2017

Time 5:00 – 6:00 (17:00 – 18:00)

Location KIS Cafeteria

Ms. Taranec's 11 year old Class Website Presentation

Based on a topic of their choice, students created a thematic website independently, as part of their study on Media Analysis and Creation and presented it to parents and students on Tuesday in the KIS Lobby. Thank you to all of the parents that came out to support their children and to Mrs. Taranec for organizing the event.





Secondary School Korner

Attention Parents of Graduating Seniors



A graduation planning meeting will be held in the KIS secondary office at 10:30 on March 24. The purpose of the meeting is to finalize plans for the graduation dinner, determine the speaker for the graduation ceremony and make other final plans for graduation.

Important SAT Announcement

The College Board, which administers the SAT and ACT, announced this week that the June 3 SAT sessions are cancelled with the exception of the SAT Subject Test.



If you were planning to take the SAT at the June session, please consider the May 6 session instead. Also please register early since the KIS Testing Center is often filled to capacity and turns away students wishing to test here.



LOE Korner

External LOE Testing

	Registration deadline	Registration fees	Date of exam
French A1, A2	15 March	400 UAH	4 April 2017
French B1, B2	15 March	500 UAH	5 April 2017
German A1	21 April	1600 UAH	16 May 2017
German A2	22 April	2700 UAH	17 May 2017
German B1	27 March	3500 UAH	21 April 2017
German B2	30 March 30 April	4000 UAH	24 April 2017 25 May 2017
Spanish A1	29 March	560 UAH	12 May 2017
Spanish A2/B1	29 March	645 UAH	12 May 2017

This year our students will continue taking external tests for French, German and Spanish in order to receive International Certificates: DELF, Goethe Zertifikate and DELE.

If you want to join us, please, contact your LOE teacher or Sergey Berezchny, LOE Coordinator (sergeyberezchny@ukr.qsi.org, Room 405).

Sports Korner

Thank You to Host Families

Mr. Curry would like to say thank you to all of our host families who opened their homes to MSB Basketball players last weekend. Once again you showed our visiting students and coaches what a fantastic community we have here at KIS. All students were dropped off and picked up in a very timely manner and the well wished on Sunday were proof again that both guests and hosts had a good weekend. There were many positive comments about the boys that I look forward to sharing with their school administration.

Up next, MS Knowledge Bowl April 27-30 and our last CEESA event of the year MSG Volleyball May 11-14. Many families have already replied to my request for host families for these events. If you have not hosted an event this year and still need to do so please email me as soon as possible. We will need homes for both boys and girls for the Knowledge Bowl and possible homes that can host three students.

Thanks again and let me say how proud I am of our KIS community.

Kind regards,

Marty Curry

Thank you!

Middle School Boys Basketball CEESA Update

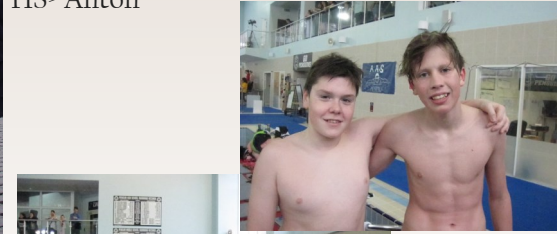
There was an awesome MS boys CEESA tournament over the weekend hosted at KIS. Both teams KIS-Red and KIS-Black participated in placed 7th and 8th respectively. Though we didn't reach our expectations everyone got to play and have fun at the same time. We want to improve our skills and program so that we'll be ready for next year's CEESA. Coach Peace and Coach Sedaq are both proud of the teams who gave their best at this tournament. Thanks also for the parents who supported us throughout the year and hosted guests from other countries. Thanks to the KIS staff who came out to support our school during the weekend. Congratulations to the KIS-Black team who received the highest points for the Sportsmanship Trophy Award. Great job boys!



MS/HS Swimming CEESA Update

Mr. and Mrs. Prima want to say THANK YOU, and Great Job to all CEESA swimmers who went to Moscow to compete against 130 swimmers from 7 International Schools. This year we had the biggest KIS Swim Team (18 swimmers) since 1999. We brought 11 individual medals, 8 relay race medals and 2nd Place trophy for MSB total points. Also our MSB team took 3 rd and 2nd places in relay races on both days. Every students tried so hard in each race and most of them broke their personal records. Every KIS swimmer was cheering on the side. We also had a nice train trip with city tour around Moscow.

Congratulations to our Medalists:
MS- Nicholas, Mikulas, Andrey, Andrey, Yegor
HS- Anton



PTO Korner

Hoodies with KIS Logo Now Available

Attention!!!

PTO is giving away Free Popcorn next Wednesday 15 March

From 11:30 am to 1:30 pm if you are wearing KIS spirit wear!

Shirts, hoodies buy on Friday 10 March after school and next Wednesday at 11:30 for FREE POPCORN!!



KIS PTO Gala Dinner

Dear parents and teachers!

The KIS Gala Dinner tickets sale is open. You can buy your tickets individually or book the whole table with your friends via several options:

- Call or write to Natalia Narula 050-3568839, natalia.narula@gmail.com or Viktoria Rosinska at 067-2307079, vitaros20@gmail.com.
- Every Tuesday and Friday in KIS Lobby - PTO Gala stand with ticket sales.

Vegetarian option is available, please pre-book it while buying tickets.

We are looking forward to having your company at our grand social event of 2017!

A vertical poster for the KIS PTO Gala Dinner. The background is a dark purple with a starry, galaxy-like pattern. At the top, white text reads "KIS PTO HAS THE PLEASURE TO INVITE PARENTS AND TEACHERS". Below this is a large, circular, glowing purple orb containing the text "★ KIS ★" in gold, with "Gala Dinner" in a large, elegant, gold cursive font. Underneath the orb, it says "AT THE INTERCONTINENTAL HOTEL" in gold. The date and time "SATURDAY, APRIL 8, 19:00" are written in large white letters. Below the date is a gold star, followed by a list of event features in white: "– CHAMPAGNE RECEPTION –", "– 3 COURSE DINNER, WINE & BEVERAGES INCLUDED –", "– LIVE ENTERTAINMENT, DJ, DANCING –", and "– SILENT AUCTION, PRIZES AND SURPRISES –". Another gold star is below the list. At the bottom, there are two columns of white text: "Tickets reservation: Natalia Narula : 050-3569930 natalia.narula@gmail.com, Viktoria Rosinska: vitaros20@gmail.com" and "Venue: InterContinental Hotel, 2A Velika Zhitomirska St. Dress code: Cocktail attire Ticket price: 1900 UAH (Tables of 10).". At the very bottom left is the InterContinental Kiyv logo, and at the bottom right is the text "JOIN US FOR AN UNFORGETTABLE EVENING FULL OF CHEER, MUSIC, DANCE AND EXCELLENT CUISINE!" in gold.

KIS PTO HAS THE PLEASURE TO INVITE
PARENTS AND TEACHERS

★ KIS ★
*Gala
Dinner*

AT THE INTERCONTINENTAL
HOTEL

SATURDAY, APRIL 8, 19:00



– CHAMPAGNE RECEPTION –

– 3 COURSE DINNER, WINE & BEVERAGES INCLUDED –

– LIVE ENTERTAINMENT, DJ, DANCING –

– SILENT AUCTION, PRIZES AND SURPRISES –



Tickets reservation:
Natalia Narula : 050-3569930
natalia.narula@gmail.com,
Viktoria Rosinska: vitaros20@gmail.com

Venue: InterContinental Hotel,
2A Velika Zhitomirska St.
Dress code: Cocktail attire
Ticket price: 1900 UAH (Tables of 10).



**JOIN US FOR AN UNFORGETTABLE EVENING FULL OF
CHEER, MUSIC, DANCE AND EXCELLENT CUISINE!**

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

Taste of Peru. We are glad to welcome Chef Bruno Santa Cruz from Lima who is bringing flavours from Peru to Hyatt Regency Kiev. Chef Bruno is creating a special a la carte menu from 8th to 17th of March at Grill Asia. 11 and 12 of March – **Peruvian cooking master classes.** Date – Saturday 11th and Sunday 12th of March. Time - 12:30 to 16:00. Price - UAH 950 per person, including lunch. Advance payment required. For reservations or more information please, call +38 044 581 1234

Boys' Choir. Revutskiy 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.** (2nd 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 Education 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 - <http://slavic-edu.com/en/> or contact us +38 (066) 765-22-67

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

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

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

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

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. [+380935594667](tel:+380935594667), 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: ovi55@ukr.net or phone : 093 862 66 32. Olga

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

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: 13 Staronavodnitskaya street, 242 m2, furnished apartment, 4 bedrooms 2,600\$ // **Kruglouniversitetskaya 3-5,** 7th floor, S - 192 кв.м. 4 bedrooms, 2 bathrooms. 3,000\$. // **Gonchara str and Yaroslavl 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, 10 min driving to KIS, 360 sq.m., 4 bedrooms, 3 bathrooms, furnished and fully equipped, wardrobes, 1700 sq.m. of land, near lake, 2500 usd + tax (in case of bank transfer)+ 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.

All Apartments for Rent Near Golden Gate Area. 5 room - Jaroslavov Val, 15 - 185 sq.m, 2 wc. // 7 room - Reitarasky str. 17 - 210 sq.m - 2 floors, 2 WC, Living room 60 sq.m, 40 cabinet, residence Price discuss. // 2 room - Streletska, 13 - 87 sq.m- near Norway Embassy. price - 1000 USD. http://fn.ua/user/newedit.php?ad_id=3435398 // 2 room - Streletska, 13 - 78 sq.m, jaccussi - Price 1300 USD. http://fn.ua/user/newedit.php?ad_id=10515015 // House - Petropavlovskay Borschagovka, Mira Str., 350 sq.m - price 2300 USD http://fn.ua/user/newedit.php?ad_id=10064290. Contact: Victoria Shtepa + 380 50 6145017, or + 380 0951941040, [e-mail:vshtepa@online.ua](mailto:vshtepa@online.ua)

If you are part of the KIS community and would like to contribute a short article (**60 words or less**) **without pictures (in English ONLY)** to upcoming newsletters, please contact Katie Sobko at: newsletter@ukr.qsi.org. 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! 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 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											
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											
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											
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											
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	Pumpkin cream 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											
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