

DAY 1		DAY 2		DAY 3		DAY 4		DAY 5	
1	Cottage Cheese/Nuts (R) Chicken w/ Prunes (T) Apricot-Apple Ice w/ Pulp (R) Milk (R) Coffee w/o Sugar (R) Vitamins	Seasoned Scrambled Eggs (R) Granola (R) Peach Yogurt (T) Kona Coffee w/ Sugar (B) Pineapple Drink (B)	(R) (R) (T) (B) (B)	Yuzhniw Cheese (T) Chicken w/ Egg (T) Oatmeal w/ Apples (R) Visit crackers (NF) Coffee w/ Sugar (R) Vitamins	(T) (T) R (NF) (R)	Oatmeal w/ Brown Sugar (R) Berry Medley (R) Kona Coffee Black (B) Strawberry Breakfast Drink (B)	(R) (R) (B) (B)	Rossivskiv Cheese (T) Buckwheat Gruel w/ Milk (R) Visit crackers (NF) Peach-Black Currant Ice/Pulp (R) Coffee w/ Sugar (R) Vitamins	(T) (R) (NF) (R) (R)
2	Borsch w/ Meat (R) Beef w/ Vegetables (T) Borodinskiv Bread (IM) Apple-Black Curr Ice/Pulp (R) Tea w/ Sugar (R)	Split Pea Soup (T) Teriyaki Beef Steak (T) Cauliflower w/ Cheese (R) Cranapple Dessert (T) Tea w/ Sugar (B)	(T) (T) (R) T (B)	Pike Perch in Baltika Sauce (T) Pureed Vegetable Soup (R) Beef Goulash (T) Mashed Potatoes w/ Onions (R) Moscow Rye Bread (IM) Apple-Peach Ice w/ Pulp (R) Green Tea (B)	(T) (R) (T) (R) (IM) (R) (B)	Minestrone Soup (T) Beef Ravioli (T) Asparagus (R) Peach Ambrosia (R) Shortbread Cookies (NF) Tea w/ Sugar (B)	(T) (T) (R) (R) (NF) (B)	Appetizing Appetizer (T) Borsch w/ Meat (R) Meat w/ Barley Kasha (T) Table Bread (IM) Apricot-Apple Ice w/ Pulp (R) Green Tea (B)	(T) (R) (T) (IM) (R) (B)
3	Chicken Fajitas (T) Tortillas (NF) Southwestern Corn (T) Apples with Spice (T) Brownie (NF) Peach-Apricot Drink (B)	Chicken in White Sauce (T) Assorted Vegetables (R) Honey Cake (IM) Kuraga (IM) Peach-Apricot Juice w/ Pulp (R) Green Tea w/ Sugar (B) Vitamins	(T) (R) (IM) (IM) (R) (B)	Smoked Turkey (I) Curry Sauce w/ Vegetables (T) Rice w/ Butter (T) Strawberries (R) Vanilla Pudding (T) Apple Cider (B)	(I) (T) (T) (R) T (B)	Lamb w/ Vegetables (T) Borodinskiv Bread (IM) Honey Cake (IM) Sweet Almonds (NF) Grape-Plum Juice w/ Pulp (R) Tea w/o Sugar (R) Vitamins	(T) (IM) (IM) (NF) (R) (R)	Shrimp Cocktail (R) Chicken w/ Peanut Sauce (T) Corn (R) Pears (T) Apricot Cobbler (T) Pineapple Drink (B)	(R) (T) (R) (T) T (B)
4	Dried Pears (IM) Macadamia Nuts (NF) Orange-Pineapple Drink (B)	Russkove Cookies (NF) Apple Dessert (T) Apple-Nut Bar (IM)	(NF) (T) (IM)	Cheddar Cheese Spread (T) Crackers (NF) Orange Juice (B)	(T) (NF) (B)	Apple-Apricot Bar (IM) Milk (R) Peach-Apricot Juice w/ Pulp (R)	(IM) (R) (R)	Applesauce (T) Candy Coated Chocolates (NF) Orange-Mango Drink (B)	(T) (NF) (B)
DAY 6		DAY 7		DAY 8		DAY 9		DAY 10	
1	Vegetable Quiche (R) Cinnamon Roll (NF) Dried Apricots (IM) Kona Coffee Black (B) Cocoa (B)	Omelet w/ Chicken (T) Buckwheat Gruel (R) Russkove Cookies (NF) Apricot-Apple Ice w/ Pulp (R) Coffee w/ Sugar (R) Vitamins	(T) (R) (NF) (R) (R)	Oatmeal w/ Raisins & Spice (R) Sausage Pattie (R) Trail Mix (IM) Kona Coffee Black (B) Chocolate Breakfast Drink (B)	(R) (R) (IM) (B) (B)	Cottage Cheese/Nuts (R) Oatmeal w/ peaches (R) Peach Dessert (T) Apple-Black Curr Ice/Pulp (R) Milk (R) Coffee w/o Sugar (R) Vitamins	(R) (R) (T) (R) (R) (R)	Mexican Scrambled Eggs (R) Waffles (NF) Fruit Cocktail (T) Kona Coffee w/ Sugar (B) Orange-Mango Drink (B)	(R) (NF) (T) (B) (B)
2	Crawfish Etouffee (T) Beef Tips w/ Mushrooms (T) Strawberries (R) Bread Pudding (T) Tea w/ Sugar (B)	Jellied Pike Perch (T) Pickled Cucumber /Meat So (R) Lamb w/ Vegetables (T) Borodinskiv Bread (IM) Prunes Stuffed w/ Nuts (IM) Peach-Black Currant Ice/Pulp (R) Green Tea (B)	(T) (R) (T) (IM) (IM) (R) (B)	Vegetarian Vegetable Soup (T) Grilled Chicken (T) Pasta with Herbs (T) Chocolate Pudding Cake (T) Tea w/ Sugar (B)	(T) (T) T T (B)	Pork Piquant (T) Noodle Soup w/ Meat (R) Lamb w/ Vegetables (T) Borodinskiv Bread (IM) Quince Bar (IM) Apricot-Apple Ice w/ Pulp (R) Tea w/ Sugar (R)	(T) R (T) (IM) (IM) (R) (R)	Hot and Sour Soup (T) Tofu w/ Hot Mustard Sauce (T) Shrimp Fried Rice (R) Pineapple (T) Candy Coated Peanuts (NF) Tea w/ Sugar (B)	(T) (T) (R) (T) (NF) (B)
3	Meat in White Sauce (T) Assorted Vegetables (R) Cottage Cheese/Apple Puree (T) Apple-Plum Bar (IM) Apricot Juice w/ Pulp (R) Tea w/ Sugar (R) Vitamins	Tuna Noodle Casserole (T) Wheat Flat Bread (NF) Pineapple (T) Butterscotch Pudding (T) Peanuts (NF) Peach-Apricot Drink (B)	(T) (NF) (T) T (NF) (B)	Chicken w/ Rice (T) Cottage Cheese/Apple Puree (T) Apricot Juice w/ Pulp (R) Green Tea w/ Sugar (B) Vitamins	(T) (T) (R) (B)	Barbecued Beef Brisket (T) Noodles & Chicken (R) Peaches (T) Cherry Blueberry Cobbler (T) Orange Juice (B)	(T) (R) (T) (R) (B)	Tokana Meat & Vegetables (T) Rossivskiv Cheese (T) Visit crackers (NF) Peach-Apricot Juice w/ Pulp (R) Green Tea w/ Sugar (B) Vitamins	(T) (T) (NF) (R) (B)
4	Vostok Cookies (NF) Milk (R) Hazelnuts (NF)	Chicken Salad (R) Crackers (NF) Orange-Grapefruit Drink (B)	(R) (NF) (B)	Russkove Cookies (NF) Milk (R) Quince Bar (IM)	(NF) (R) (IM)	Chicken-Pineapple Salad (R) Crackers (NF) Lemon-Lime Drink (B)	(R) (NF) (B)	Vostok Cookies (NF) Sweet Almonds (NF) Tea w/o Sugar (R)	(NF) (NF) (R)