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|  |  |  |  |  | ***Меню "Завтрак"*** |  |  |  |  |  |
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|  | ***Комплекс 1***  |  |  |  | ***Комплекс 2*** |  |  | ***Комплекс 3*** |  |  |
| \* | Яичница глазунья |  | \* | Салат "Здоровье" | \* | Салат Здоровье |  |
| \* | Салат из морской капусты с морковью | \* | Яичница глазунья | \* | Омлет с ветчиной |  |
| \* | Колбаса жареная |  | \* | Сосиски/кетчуп | \* | Сыр |  |  |  |
| \* | Маффин |  |  |  | \* | Хлеб тостовый |  | \* | Маффин |  |  |
| \* | Хлеб тостовый |  |  |  |  |  |  | \* | Хлеб тостовый |  |  |
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|  | ***Комплекс 4*** |  |  |  | ***Комплекс 5***  |  |  | ***Комплекс 6*** |  |  |
| \* | Каша молочная овсяная |  | \* | Каша молочная пшеничная | \* | Мюсли |  |  |
| \* | Сырники со сметаной |  | \* | Сендвич горячий | \* | Каша молочная рисовая |
| \* | Йогурт |  |  |  | \* | Сосиски |  | \* | Йогурт |  |  |  |
| \* | Хлеб тостовый |  |  | \* | Кетчуп |  |  | \* | Молоко |  |  |
|  |  |  |  |  | \* | Хлеб тостовый |  | \* | Сыр/ мед/хлеб тостовый |
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|  | ***Комплекс 7*** |  |  |  |  |  |  |  |  |  |  |  |
| \* | Салат из огурцов и помидор |  |  |  |  |  |  |  |  |  |
| \* | Рис |  |  |  | ***Холодные или горячие напитки на Ваш выбор :*** |  |  |  |
| \* | Сосиски |  |  |  |  |  |  |  |  |  |  |  |  |
| \* | Кетчуп |  |  |  | \* | Вода |  |  |  |  |  |  |  |
| \* | Хлеб тостовый |  |  | \* | Сок |  |  |  |  |  |  |  |
|  |  |  |  |  | \* | Морс |  |  |  |  |  |  |  |
|  |  |  |  |  | \* | Чай черный /зеленый |  |  |  |  |  |
|  |  |  |  |  | \* | Кофе черный/Кофе с молоком |  |  |  |  |
|  |  |  |  |  | \* | Молоко |  |  |  |  |  |  |
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|  |  |  |  |  | **Breakfast menu** |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Complex 1**  | **Complex 2**  | **Complex 3**  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | \* Fried eggs  |  | \* Salad "Health"  | \* Salad Health  |  |
|  | \* Seaweed salad with carrots  | \* Fried eggs  |  | \* Omelet with ham  |
|  | \* Fried sausage  | \* Sausages/ketchup  | \* Cheese  |  |  |
|  | \* Muffin  |  | \* Toast bread |  |  |  | \* Muffin  |  |
|  | \* Toast bread |  |  |  |  |  |  |  | \* Toast bread |  |  |  |
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|  | **Complex 4**  | **Complex 5**  | **Complex 6**  |
|  | \* Oatmeal milk porridge  | \* Wheat milk porridge  | \* Muesli  |  |
|  | \* Cheesecakes with sour cream  | \* Sandwich is hot  | \* Rice milk porridge  |
|  | \* Yogurt  |  | \* Sausages  |  | \* Yogurt  |  |  |
|  | \* Toast bread |  |  |  | \* Ketchup  |  | \* Milk  |  |  |
|  |  |  |  |  | \* Toast bread |  |  |  | \* Cheese/honey/toast bread |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **Complex 7**  |  | **Cold or hot drinks of your choice:**  |
|  | \* Cucumber and tomato salad  | \* Water  |  |  |  |  |
|  | \* Rice  |  |  | \* Juice  |  |  |  |  |
|  | \* Sausages  |  |  | \* Morse  |  |  |  |  |
|  | \* Ketchup  |  |  | \* Black/green tea  |  |  |  |
|  | \* Toast bread  |  |  |  |  | \* Black coffee/Coffee with milk \* Milk  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |