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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** | | | |  |  |  |  |
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|  | **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 | | | | |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |