

	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5	
1	Cottage Cheese/Nuts	(R)	Mexican Scrambled Eggs	(R)	Yuzhniw Cheese	(T)	Grits w/ Butter	(R)	Omelet w/ Chicken	(T)
	Chopped Pork w/ Eggs	(T)	Sausage Pattie	(R)	Oatmeal w/ Apples	R	Cheese Grits	R	Buckwheat Gruel w/ Milk	(R)
	Visit crackers	(NF)	Chocolate Breakfast Drink	(B)	Apple-Apricot Bar	(IM)	Rice & Chicken	(R)	Visit crackers	(NF)
	Apricot-Apple Ice w/ Pulp	(R)	Cheese Grits	R	Apple-Peach Ice w/ Pulp	(R)	Ham	(T)	Apple-Black Curr Ice/Pulp	(R)
	Coffee w/ Sugar	(R)	Kona Coffee w/ C&S	(B)	Tea w/ Sugar	(R)	Trail Mix	(IM)	Coffee w/ Sugar	(R)
	Green Tea	(B)	Orange-Pineapple Drink	(B)	Coffee w/o Sugar	(R)	Grapefruit Drink	(B)	Green Tea	(B)
							Kona Coffee w/ C&S	(B)		
2	Bream in Tomato Sauce	(T)	Hot and Sour Soup	(T)	Pike Perch in Baltika Sauce	(T)	Minestrone Soup	(T)	Appetizing Appetizer	(T)
	Kharcho Mutton Soup	(R)	Baked Tofu	(T)	Pureed Vegetable Soup	(R)	Lasagna with Meat	(T)	Borsch w/ Meat	(R)
	Beef w/ Vegetables	(T)	Shrimp Fried Rice	(R)	Beef Goulash	(T)	Spaghetti w/ Meat Sauce	(R)	Meat w/ Barley Kasha	(T)
	Borodinskiv Bread	(IM)	Pineapple	(T)	Buckwheat Gruel	(R)	Asparagus	(R)	Table Bread	(IM)
	Apple-Black Curr Ice/Pulp	(R)	Candy Coated Peanuts	(NF)	Moscow Rye Bread	(IM)	Fruit Cocktail	(T)	Apricot-Apple Ice w/ Pulp	(R)
	Tea w/ Sugar	(R)	Green Tea	B	Green Tea	(B)	Green Tea	B	Tea w/ Sugar	(R)
3	Shrimp Cocktail	(R)	Chicken in White Sauce	(T)	Grilled Pork Chop	(T)	Jellied Pike Perch	(T)	Sweet & Sour Pork	(T)
	Beef Fajitas	(T)	Assorted Vegetables	(R)	Macaroni & Cheese	(R)	Lamb w/ Vegetables	(T)	Rice & Chicken	(R)
	Tortillas	(NF)	Kuraga	(IM)	Curry Sauce w/ Vegetables	(T)	Mashed Potatoes w/ Onions	(R)	Creamed Spinach	(R)
	Red Beans & Rice	(T)	Grape-Plum Juice w/ Pulp	(R)	Curry Sauce w/ Vegetables	(T)	Visit crackers	(NF)	Brownie	(NF)
	Cherry Blueberry Cobbler	(T)			Chocolate Pudding Cake	T	Peach-Black Currant Ice/Pul	(R)	Pineapple Drink	(B)
	Peach-Apricot Drink	(B)			Tropical Punch	(B)	Green Tea	(B)		
4	Dried Apricots	(IM)	Russkove Cookies	(NF)	Cashews	(NF)	Vostok Cookies	(NF)	Chicken Salad	(R)
	Macadamia Nuts	(NF)	Apple Dessert	(T)	Dried Beef	(IM)	Milk	(R)	Crackers	(NF)
	Lemonade w/ A/S	(B)	Tea w/ Sugar	(R)	Orange Drink w/ A/S	(B)			Lemonade w/ A/S	(B)
	DAY 6		DAY 7		DAY 8		DAY 9		DAY 10	
1	Seasoned Scrambled Eggs	(R)	Meat in White Sauce	(T)	Breakfast Sausage Links	(T)	Cottage Cheese/Nuts	(R)	Vegetable Quiche	(R)
	Cheese Grits	R	Assorted Vegetables	(R)	Cheese Grits	R	Oatmeal w/ peaches	(R)	Cinnamon Roll	(NF)
	Granola Bar	(NF)	Rossivskiv Cheese	(T)	Waffles	(NF)	Pork Piquant	(T)	Cheese Grits	R
	Dried Pears	(IM)	Visit crackers	(NF)	Berry Medley	(R)	Apple-Black Curr Ice/Pulp	(R)	Orange Drink	(B)
	Apple Cider	(B)	Apricot-Apple Ice w/ Pulp	(R)	Orange-Mango Drink	(B)	Tea w/ Sugar	(R)	Cocoa	(B)
	Kona Coffee w/ C&S	(B)	Coffee w/ Sugar	(R)	Kona Coffee w/ C&S	(B)	Coffee w/o Sugar	(R)	Kona Coffee w/ C&S	(B)
			Green Tea	(B)						
2	Split Pea Soup	(T)	Pickled Cucumber /Meat So	(R)	Tomato Basil Soup	(T)	Pike Perch Polish Style	(T)	Vegetarian Vegetable Soup	(T)
	Barbecued Beef Brisket	(T)	Pork w/ Potatoes	(T)	Beef Stroganoff w/ Noodles	(R)	Noodle Soup w/ Meat	R	Beef Stew	(T)
	Noodles & Chicken	(R)	Borodinskiv Bread	(IM)	Chicken Terivaki (T)	(T)	Pan-fried Meat w/ Rice & V	R	Turkey Tetrizzini	(R)
	Peaches	(T)	Prunes Stuffed w/ Nuts	(IM)	Broccoli au Gratin	(R)	Borodinskiv Bread	(IM)	Cauliflower w/ Cheese	(R)
	Candy Coated Peanuts	(NF)	Peach-Black Currant Ice/Pul	(R)	Southwestern Corn	(T)	Quince Bar	(IM)	Wheat Flat Bread	(NF)
	Green Tea	B	Tea w/ Sugar	(R)	Shortbread Cookies	(NF)	Apricot-Apple Ice w/ Pulp	(R)	Candy Coated Chocolates	(NF)
					Green Tea	B	Green Tea	(B)	Green Tea	B
3	Pike Perch in Baltika Sauce	(T)	Tofu w/ Hoisin Sauce	(T)	Chicken w/ Rice	(T)	Meatloaf	(T)	Meat w/ Vermicelli	(T)
	Mashed Potatoes w/ Onions	(R)	Pasta with Herbs	T	Apple-Nut Bar	(IM)	Potatoes au Gratin	(R)	Mashed Potatoes	(R)
	Cottage Cheese/Nuts	(R)	Terivaki Vegetables	(R)	Visit crackers	(NF)	Corn	(R)	Visit crackers	(NF)
	Vostok Cookies	(NF)	Almonds	(NF)	Apricot Juice w/ Pulp	(R)	Pears	(T)	Almonds	(NF)
	Apricot Juice w/ Pulp	(R)	Chocolate Pudding	T			Tapioca Pudding	T	Peach-Apricot Juice w/ Pulp	(R)
	Tea w/ Sugar	(R)	Lemonade	(B)			Lemon-Lime Drink	(B)	Tea w/ Sugar	(R)
4	Kuraga	(IM)	Chicken-Pineapple Salad	(R)	Apple-Peach Ice w/ Pulp	(R)	Cheddar Cheese Spread	(T)	Vostok Cookies	(NF)
	Sweet Almonds	(NF)	Crackers	(NF)	Green Tea	(B)	Crackers	(NF)	Milk	(R)
			Tropical Punch w/ A/S	(B)			Orange Drink w/ A/S	(B)		