

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
1	Chicken w/ Egg (T) Cottage Cheese/Nuts (R) Honey Cake (IM) Coffee w/ Sugar (R)	Granola w/ Raisins (R) Sausage Pattie (R) Pears (T) Nut & Fruit Granola Bar NF Orange Drink (B) Kona Coffee w/ C&S (B) Coffee w/ Cream & Sugar (B)	Omelet w/ Chicken (T) Oatmeal w/ Apples R Hard Chocolate (NF) Coffee w/ Sugar (R)	Cornflakes (R) Scrambled Eggs (R) Trail Mix (IM) Grape Drink (B) Kona Coffee w/ C&S (B) Coffee w/ Cream & Sugar (B)	Cottage Cheese/Nuts (R) Jellied Meat (T) Wheat Bread Enriched (IM) Coffee w/ Sugar (R)
2	Appetizing Appetizer (T) Noodle Soup w/ Meat R Tokana Meat & Vegetables (T) Borodinskiy Bread (IM) Plum-Cherry Dessert (IM) Apricot-Apple Ice w/ Pulp (R)	Minestrone Soup (T) Chicken w/ Peanut Sauce (T) Shortbread Cookies (NF) Tea w/ Lemon & Sugar (B)	Pike Perch in Baltika Sauce (T) Pureed Vegetable Soup (R) Meat w/ Vermicelli (T) Table Bread (IM) Grape-Plum Juice w/ Pulp (R) Kuraga (IM)	Split Pea Soup (T) Beef Tips w/ Mushrooms (T) Tomatoes & Artichokes (R) Wheat Bread Enriched (IM) Tapioca Pudding T Tea w/ Lemon & Sugar (B)	Pike Perch Polish Style (T) Borsch w/ Meat (R) Chicken w/ Rice (T) Table Bread (IM) Quince Bar (IM) Apricot Juice w/ Pulp (R)
3	Chicken Fajitas (T) Tortillas (NF) Red Beans & Rice (T) Berry Medley (R) Vanilla Pudding T Tropical Punch (B)	Pork Goulash (T) Buckwheat Gruel (R) Visit crackers (NF) Milk (R) Vostok Cookies (NF) Earl Grey Tea w/o Sugar (R)	Barbecued Beef Brisket (I) Corn (R) Broccoli au Gratin (R) Tortillas (NF) Cranapple Dessert T Pineapple Drink (B)	Canadian Bacon Mashed Potatoes w/ Onions (R) Moscow Rye Bread (IM) Russkove Cookies (NF) Apple-Black Curr Ice/Pulp (R) Tea w/ Sugar (R)	Meatloaf (T) Macaroni & Cheese (R) Peaches (T) Butter Cookies (NF) Orange Drink (B)
4	Peanut Butter (T) Crackers (NF) Applesauce (T) Grape Drink (B)	Hazelnuts (NF) Apple-Apricot Bar (IM) Tea w/ Sugar (B)	Chicken-Pineapple Salad (R) Tortillas (NF) Apple Cider (B)	Honey Cake (IM) Stelutsa Dessert (IM) Tea w/ Lemon & Sugar (R)	Granola Bar (NF) Candy Coated Peanuts (NF) PEACH-APRICOT DRINK (B)
	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
1	Bran Chex (R) Vegetable Ouche (R) Strawberries (R) Chocolate Breakfast Drink (B) Kona Coffee w/ C&S (B) Coffee w/ Cream & Sugar (B)	Chopped Pork w/ Eggs (T) Buckwheat Gruel w/ Milk (R) Wheat Bread Enriched (IM) Russkove Cookies (NF) Coffee w/ Sugar (R)	Mexican Scrambled Eggs (R) Yogurt Covered Granola Bar NF Dried Pears (IM) Oatmeal w/ Brown Sugar (R) Pineapple Drink (B) Kona Coffee w/ C&S (B) Coffee w/ Cream & Sugar (B)	Chicken w/ Prunes (T) Cottage Cheese/Nuts (R) Vostok Cookies (NF) Coffee w/ Sugar (R)	Waffles (NF) Apples with Spice (T) Vanilla Breakfast Drink (B) Kona Coffee w/ C&S (B) Coffee w/ Cream & Sugar (B)
2	Tomato Basil Soup (T) Tuna Noodle Casserole (T) Pineapple (T) Brownie (NF) Tea w/ Lemon & Sugar (B)	Appetizing Appetizer (T) Pickled Cucumber /Meat So (R) Chicken in White Sauce (T) Table Bread (IM) Apple-Nut Bar (IM) Apple-Peach Ice w/ Pulp (R)	Potato Soup (T) Sweet & Sour Chicken (R) Rice & Chicken (R) Apricot Cobbler T Tea w/ Lemon & Sugar (B)	Jellied Pike Perch (T) Kharcho Mutton Soup (R) Beef w/ Vegetables (T) Moscow Rye Bread (IM) Apple-Plum Bar (IM) Apricot-Apple Ice w/ Pulp (R)	Seafood Gumbo (T) Carrot Coins (T) Macadamia Nuts (NF) Bread Pudding (T) Tea w/ Lemon & Sugar (B)
3	Cottage Cheese/Apple Puree (T) Pan-fried Meat w/ Rice & V R Visit crackers (NF) Russkove Cookies (NF) Peach-Apricot Juice w/ Pulp (R) Currant Tea w/ Sugar (B)	Shrimp Cocktail (R) Beef Fajitas (T) Tortillas (NF) Black Beans T Candy Coated Chocolates (NF) Tropical Punch (B)	Beef Goulash (T) Beet Salad (R) Visit crackers (NF) Peach-Black Currant Ice/Pul (R) Tea w/ Sugar (R)	Smoked Turkey (T) Cornbread Dressing (R) Candied Yams (T) Chocolate Pudding Cake T Lemonade (B)	Zucchini Spread T Pork Loin w/ Mashed Potato R Borodinskiy Bread (IM) Sugar Cookies (NF) Apricot Juice w/ Pulp (R) Green Tea w/ Sugar (B)
4	Sweet Almonds (NF) Apple-Apricot Bar (IM) Green Tea w/ Sugar (B)	Cashews (NF) Butterscotch Pudding T Lemon-Lime Drink (B)	Ledokol Toffee (NF) Stelutsa Dessert (IM) Earl Grey Tea w/o Sugar (R)	Tuna Salad Spread (T) Tortillas (NF) Almonds (NF) Cocoa (B)	Peach Bar (IM) Salted Almonds (NF) Tea w/ Sugar (R)