

MEALS MENU FOR KIDS *

Week 1

Monday



Breakfast: Oatmeal, butter, fruits, berries, milk
AM Snack: Fruits, berries, water
Lunch: Fresh vegetables, creamy salmon soup with vegetables, milk, fruits, bread
PM Snack: Fruit and veggie or

smoothie (Vitamix)

Dinner: Fresh vegetables, chicken or turkey with baked veggies, rice, milk, fruits

Tuesday

Breakfast: Cottage cheese waffles, sour cream, honey, berries, milk

AM Snack: Fruits, berries, water

Lunch: Fresh vegetables, chicken rice vegetable soup with spinach, milk, fruits, bread

PM Snack: Fresh fruits and yogurt or fruit and veggie or smoothie (Vitamix)

Dinner: Fresh vegetables, chicken in creamy sauce, buckwheat with butter and dill, milk, fruits



Wednesday



Breakfast: Oatmeal with butter, berries, milk

AM Snack: Fruits, berries, water

Lunch: Fresh vegetables, turkey meatball soup with vegetables, bread, milk, fruits,

bread

PM Snack : Fruit and veggie or smoothie (Vitamix)

Dinner: Fresh vegetables, pasta Bolognese, milk, fruits

Thursday

Breakfast: Cottage cheese pancakes with sour cream, honey, berries, milk

AM Snack: Fruits, berries, water

Lunch: Fresh salad, beef soup with barley, sour cream, milk, fruits, bread

PM Snack: Fresh and veggie or smoothie (Vitamix)

Dinner: Fresh vegetables, stewed cabbage with chicken, potatoes and vegetables, milk, fruits



Friday

Breakfast: Buckwheat/rice/ millet porridge, honey, berries, milk

AM Snack: Fruits, berries, water

Lunch: Fresh vegetables, beef borscht, sour cream, bread, milk, fruits

PM Snack: Fruit and veggie smoothie (Vitamix)

Dinner: Fresh vegetables, beef stroganoff in creamy sauce, mashed potatoes with milk, butter and dill, milk, fruits



Vitamix



Ingredients: 1 ½ cups water, 1 ½ cups baby spinach, fresh microgreens, celery stalk, 1 cup raspberries or strawberries, 1 banana

Directions:

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.

2. Start the blender at its

lowest speed and quickly increase to its highest speed.

3. Blend for 35 to 40 seconds.

Week 2

Monday



Breakfast: Milk noodles, berries, fruits, milk
AM Snack: Fruits, berries, water
Lunch: Fresh vegetables, chicken or turkey rice vegetable soup with spinach, milk, fruits, bread

PM Snack: Fruit and veggie or smoothie (Vitamix)
Dinner: Baked salmon with vegetables, milk, fresh vegetables and fruits.

Thursday

Breakfast: Cottage cheese waffles, sour cream, honey, berries, milk
AM Snack: Fruits, berries, water
Lunch: Fresh salad, sorrel soup with spinach and sour cream, milk, fruits, bread
PM Snack: Fresh fruit and veggie or smoothie (Vitamix)



Dinner: Fresh vegetables, beef with vegetables and spaghetti, milk, fruits

Tuesday

Breakfast: Cottage cheese casserole with sour cream, honey, berries, milk
AM Snack: Fruits, berries, water
Lunch: Fresh salad, chicken noodle soup, milk, fruits, bread



PM Snack: Fresh fruits and yogurt or fruit and veggie or smoothie (Vitamix)
Dinner: Fresh vegetables, buckwheat with beef gravy with spinach in tomato vegetable sauce, milk, fruits

Friday

Breakfast: Oatmeal, butter, fruits, berries, milk
AM Snack: Fruits, berries, water
Lunch: Fresh vegetables, borscht with sour cream and dill, milk, fruits, bread



PM Snack: Fruits and veggie or smoothie (Vitamix)
Dinner: Fresh vegetables, beef and turkey baked meatballs with rice, butter and dill, milk, fruits

Wednesday



Breakfast: Rice\ millet porridge with butter, honey, berries, milk
AM Snack: Fruits, berries, water
Lunch: Fresh vegetables, turkey meatball soup, bread,

milk, fruits, bread

PM Snack: Fruit and veggie or smoothie (Vitamix)
Dinner: Fresh vegetables, chicken in cream sauce with boiled, potatoes, butter, dill, milk, fruits

Vitamix

Ingredients: 1 cup blueberries organic, 1 banana, fresh microgreens, 2 cups coconut milk or water



Directions:

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender at its lowest speed and quickly increase to its highest speed.
3. Blend for 35 to 40 seconds

***Meals provided may occasionally change depending on food availability. We appreciate your understanding and flexibility.**