

Menu A										
Days of the week	Morning snack			Lunch				Afternoon snack		
	Snack	Fruits	Drinks	Soup	Main course	Salad	Drinks	Snack	Fruits	Drinks
Monday	Oatmeal with dried fruits	Seasonal fresh fruits	Compote/Water	Meatball soup	Chicken fricassee with mashed potatoes	Carrot salad	Compote/Water	Vanilla cake	Seasonal fresh fruits	Compote
Tuesday	Sandwich with chicken	Seasonal fresh fruits	Compote/Water	Shorpo	Plov with beef	Tomato and cucumber salad	Lemonade/Water	"Sochinskiy"	Seasonal fresh fruits	Compote
Wednesday	Apple and peach turnovers	Seasonal fresh fruits	Yoghurt/Water	Lentil cream soup	Lasagna	Beetroot salad	Compote/Water	Layered pastry with cheese	Seasonal fresh fruits	Compote
Thursday	Baked cheese pancakes	Seasonal fresh fruits	Cocoa/Water	Chicken soup with chickpea	Rissoles with mashed potatoes	Greek salad	Lemonade/Water	Pizza	Seasonal fresh fruits	Compote
Friday	Oatmeal with fruits	Seasonal fresh fruits	Kefir/Water	Borsh	Spaghetti Bolognese	Vegetable salad with omelete	Compote/Water	Layered apple pastry	Seasonal fresh fruits	Compote

This menu is for all the classes. Secondary school will be provided with fruits and drinks for morning snacks

ESCA – BIS offers two menus (menu A and menu B). These menus will not be changed until the end of the term.

Menu B										
Days of the week	Morning snack			Lunch				Afternoon snack		
	Snack	Fruits	Drinks	Soup	Main course	Salad	Drinks	Snack	Fruits	Drinks
Monday	Oatmeal with dried fruits	Seasonal fresh fruits	Milk/Water	Lentil soup	Basmati rice	Salad with vegetables and apples	Compote/Water	Pizza	Seasonal fresh fruits	Compote
Tuesday	Baked cheese pancakes	Seasonal fresh fruits	Cocoa/Water	Cheese soup with chicken	Beef stroganoff with roasted vegetables and buckwheat	Greek salad	Lemonade/Water	Apple and peach turnovers	Seasonal fresh fruits	Compote
Wednesday	Oatmeal with fruits	Seasonal fresh fruits	Yogurt/Water	Ragout	Sushi (Vegetable patties as an option)	Chinese cabbage salad with soy sauce	Compote/Water	Carrot pie	Seasonal fresh fruits	Compote
Thursday	Egg muffins with vegetables	Seasonal fresh fruits	Compote/Water	Chicken soup with spinach	Meat with vegetables and macaroni	Beetroot and potato salad	Lemonade/Water	Layered pastry with jam	Seasonal fresh fruits	Compote
Friday	Lemon cake	Seasonal fresh fruits	Juice/Water	Cheese soup	Baked fish with rice and roasted vegetables	Bean salad with soy sauce	Compote/Water	Corn biscuits	Seasonal fresh fruits	Compote

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