

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	Milk/Water	Lentil soup	Basmati rice (with eggs, almonds, chickpea, potato and carrots)	Sliced vegetables (cucumber, tomato) Salad (cabbage, cucumber, pepper)	Compote/Water	Bruschetta with vegetables	Seasonal fresh fruits	Juices in assortment
Tuesday	Baked syrniki	Seasonal fresh fruits	Cocoa/Water	Vegetable cream soup	Beef stroganoff with roasted vegetables and buckwheat	Sliced vegetables (carrot, paprika) Salad with tomatoes and cucumbers	Lemonade/ Water	Muffin with banana	Seasonal fresh fruits	Juices in assortment
Wednesday	Oatmeal with fruits	Seasonal fresh fruits	Yogurt/Water	Ragout	Sushi (Vegetable patties as an option)	Sliced vegetables (carrot, paprika) Salad with cucumber and paprika, soy sauce	Compote/Water	Sandwich	Seasonal fresh fruits	Juices in assortment
Thursday	Panini with eggs and mozzarella	Seasonal fresh fruits	Compote/Water	Minestrone	Meat with vegetables and mashed potatoes	Sliced vegetables (carrot, tomatoes) Vegetable salad with beans	Lemonade/ Water	Puff with jam	Seasonal fresh fruits	Juices in assortment
Friday	Carrot pie	Seasonal fresh fruits	Juice/Water	Cheese soup	Baked fish with rice and roasted vegetables	Sliced vegetables (cucumber, tomatoes) Greek salad	Compote/Water	Vanilla cake	Seasonal fresh fruits	Juices in assortment

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.