

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	Salad with vegetables and apples	Compote/Water	Pizza	Seasonal fresh fruits	Compote
Tuesday	Baked cheese pancakes	Seasonal fresh fruits	Cocoa/Water	Vegetable cream soup	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

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.