

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	Juice/Water	Beetroot soup	Spaghetti Bolognese	Sliced vegetables (tomato, paprika) Salad with carrot, cucumber and paprika	Compote/Water	Baked pie with custard	Seasonal fresh fruits	Juices in assortment
Tuesday	Bruschetta with vegetables	Seasonal fresh fruits	Compote/Water	Chicken noodle soup	Plov with beef	Sliced vegetables (carrot, paprika) Salad with paprika, cucumber, cabbage and eggplant	Lemonade/Water	"Sochinskiy"	Seasonal fresh fruits	Juices in assortment
Wednesday	Sandwich with chicken	Seasonal fresh fruits	Yoghurt/Water	Lentil cream soup	Meat with vegetables and puree	Sliced vegetables (cucumber, tomato) Salad with paprika, cabbage and croutons	Compote/Water	Curd tart	Seasonal fresh fruits	Juices in assortment
Thursday	Toasts with cottage cheese	Seasonal fresh fruits	Cocoa/Water	Chicken soup with chickpea	Rissoles with macaroni or roasted vegetables (Macaroni with sauce)	Sliced vegetables (tomato, cucumber) Salad with cabbage and cucumber	Lemonade/Water	Pizza	Seasonal fresh fruits	Juices in assortment
Friday	Boiled egg with toast	Seasonal fresh fruits	Kefir/Water	Vegetable soup	Basmati rice with vegetables	Sliced vegetables (cabbage, cucumber) Beet salad	Compote/Water	Baked pie with apples and cinnamon	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 offers two menus (menu A and menu B). These menus will not be changed until the end of the term.