

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	Compote/Water	Meatball soup	Samsa with chicken and potato	Carrot salad	Compote/Water	Vanilla cake	Seasonal fresh fruits	Compote
Tuesday	Sandwich with chicken	Seasonal fresh fruits	Compote/Water	Chicken soup with potato and spinach	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.