

SCHOOL MENU

AUGUST 30 - SEPTEMBER 4

MONDAY

LUNCH: Meatloaf, Potatoes, Sour Cream Sauce
Cucumbers, Cabbage

TUESDAY

LUNCH: Vegetable Soup with Pork
Strawberry Cream with Rice, Carrots, Fruit
VEGETARIAN: Vegetable Soup with Lentils

WEDNESDAY

LUNCH: Cabbage Stew with Minced Meat, Potatoes
Cucumbers, Tomatoes, Radish, Fruit
VEGETARIAN: Cabbage-Chickpea Stew

THURSDAY

LUNCH: Chicken-Noodle Soup
Berry Jelly with Whipped Cream, Cabbage, Fruit
VEGETARIAN: Bean-Noodle Soup

FRIDAY

LUNCH: Fish Casserole, Rice
Radish, Carrots, Cabbage, Fruit
VEGETARIAN: Vegetable Casserole





SCHOOL MENU

SEPTEMBER 7-11

MONDAY

Bolognese Sauce, Pasta

Beetroot, Steamed Corn, Carrots, Fruit

VEGETARIAN: Tomato-Lentil Sauce

TUESDAY

Chicken-Chickpea Soup, Milk Pudding with Jam

Cabbage, Fruit

VEGETARIAN: Vegetable-Chickpea Soup

WEDNESDAY

Casserole with Pork, Potatoes

Cucumbers, Tomatoes, Bell Peppers, Fruits

VEGETARIAN: Casserole with Red Beans

THURSDAY

Fish Soup, Curd Cream with Kissel

Cauliflower, Fruit

VEGETARIAN: Vegetable Soup with Quinoa

FRIDAY

Chicken Risotto, Carrots, Steamed Beans

Cabbage, Fruit

VEGETARIAN: Mushroom Risotto

SCHOOL MENU

SEPTEMBER 14-18

MONDAY

Stroganoff, Buckwheat

Beetroot, Radish, Turnip, Fruit

VEGETARIAN: Vegetable-Lentil Sauce

TUESDAY

Purée Soup with Turkey, Roasted Seeds

Oat-Apple Crumble, Vanilla Sauce, Carrots, Fruit

VEGETARIAN: Vegetable Puree Soup

WEDNESDAY

Chicken Meatloaf, Mashed Potatoes, Cold Sauce

Cabbage, Steamed Broccoli, Cabbage, Fruit

VEGETARIAN: Vegetable Cutlet

THURSDAY

Borscht with Pork, Sour Cream, Apple-Semolina Mousse

Pumpkin, Fruit

VEGETARIAN: Vegetable Borscht

FRIDAY

Oven Fish, Rice, Cream Sauce

Carrots, Steamed Peas, Cabbage, Fruit

VEGETARIAN: Lentil Cutlet



SCHOOL MENU

SEPTEMBER 21-25

MONDAY

Chicken Stroganoff, Potatoes

Cabbage, Cucumber, Carrots, Fruit

VEGETARIAN: Tomato-Lentil Sauce

TUESDAY

Meatball Soup, Yoghurt Dessert with Banana, Radish, Fruit

VEGETARIAN: Vegetable Soup with Chickpeas

WEDNESDAY

Steamed Potatoes with Chicken

Beetroot, Steamed Corn, Bell Pepper, Fruit

VEGETARIAN: Vegetable Casserole with Beans

THURSDAY

Chicken-Vegetable Soup

Strawberry Curd Cream, Cabbage, Fruit

VEGETARIAN: Vegetable Purée Soup with Seeds

FRIDAY

Pork Pilaf, Steamed Peas

Tomatoes, Cucumbers, Fruit

VEGETARIAN: Vegetable Pilaf

SCHOOL MENU

SEPTEMBER 28 - OCTOBER 2

MONDAY

Minced Meat Sauce, Buckwheat

Sauerkraut, Beetroot, Turnip, Fruit

VEGETARIAN: Mushroom Sauce

TUESDAY

Chicken Soup

Pumpkin-Apple Cream, Cabbage, Fruit

VEGETARIAN: Broccoli Puree Soup

WEDNESDAY

Oven Fish, Potatoes, Cream Sauce

Carrots, Cabbage, Cucumber, Fruit

VEGETARIAN: Vegetable Lasagne

THURSDAY

Solyanka

Strawberry-Kefir Dessert, Carrots, Fruit

VEGETARIAN: Kharcho Soup

FRIDAY

Chicken-Vegetable Pasta

Tomatoes, Beetroot, Cauliflower, Fruit

VEGETARIAN: Vegetable Pasta with Eggs