

Bishkek International School

Vegetarian Menu "A"

Morning snack

- Monday – French toasts, seasonal fruit
- Tuesday - vegetable roll, seasonal fruit
- Wednesday - oatmeal, seasonal fruit
- Thursday - cheese and vegetable sandwich, seasonal fruit
- Friday - vegetables in dough, seasonal fruit

Lunch

- Monday - vegetarian soup, pasta with vegetables in cream sauce, seasonal salad
- Tuesday - vegetarian soup, vegetable cutlets with tomato sauce and rice, seasonal salad
- Wednesday – vegetable stew and sushi, seasonal salad
- Thursday – vegetarian soup, makarony po flotsky with vegetarian stuffing, seasonal salad
- Friday - borsch, eggplant with vegetable fillings with buckwheat, seasonal salad

Afternoon snack

- Monday - pancakes with cottage cheese, seasonal fruit
- Tuesday - syrniki with jam or sour cream, seasonal fruit
- Wednesday - rolls with vegetables and eggs, seasonal fruit
- Thursday - pizza, seasonal fruit
- Friday - oatmeal cookies, seasonal fruit

Drinks

- Compote
- Lemonade
- Water
- Yogurt
- Ice tea

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Vegetarian Menu "B"

Morning snack

Monday - rolls with vegetables and eggs, seasonal fruit

Tuesday - vegetable quiche, seasonal fruit

Wednesday - cottage cheese with yogurt and banana

Thursday - oatmeal, seasonal fruit

Friday - fried vegetables in dough, seasonal fruit

Lunch

Monday - chickpea soup, spaghetti with vegetables, seasonal salad

Tuesday - vegetable soup with stelline, vegetables with teriyaki sauce with rice, seasonal salad

Wednesday - lentil cream soup, baked vegetables, seasonal salad

Thursday - cheese soup, vegetable meatballs in tomato sauce with mashed potatoes, seasonal salad

Friday - vegetarian soup, vegetarian pilaf with beans, seasonal salad

Afternoon snack

Monday - cheese sandwich, seasonal fruit

Tuesday - rolls with vegetables, seasonal fruit

Wednesday - samsa with vegetarian filling, seasonal fruit

Thursday - roll with vegetarian filling and cheese, seasonal fruit

Friday - apple strudel, seasonal fruit

Drinks

Compote

Lemonade

Water

Yogurt

Ice Tea

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Vegetarian Menu "C"

Morning snack

- Monday – French toasts, seasonal fruit
- Tuesday - oatmeal, seasonal fruit
- Wednesday - vegetarian roll, seasonal fruit
- Thursday - rice porridge, seasonal fruit
- Friday - baked vegetables in dough, seasonal fruit

Lunch

- Monday - vermicelli soup, pene arabiaatta, seasonal salad
- Tuesday - soup with beans, vegetable meatballs in tomato sauce with mashed potatoes, seasonal salad
- Wednesday - pumpkin cream soup, stuffed potatoes, buckwheat, seasonal salad
- Thursday - rice soup with vegetables, stuffed baked cauliflower with bulgur, seasonal salad
- Friday - soup with eggs, broccoli with vegetables with rice, seasonal salad

Afternoon snack

- Monday - samsa with vegetable filling, seasonal fruit
- Tuesday - banana pie, seasonal fruit
- Wednesday - pizza, seasonal fruit
- Thursday - rolls with vegetables, seasonal fruit
- Friday - gingerbread, seasonal fruit

Drinks

- Compote
- Lemonade
- Water
- Yogurt
- Ice Tea

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Vegetarian Menu "D"

Morning snack

- Monday - Belgian waffles with jam, seasonal fruit
- Tuesday - rice porridge, seasonal fruit
- Wednesday - cheese and vegetable sandwich, seasonal fruit
- Thursday - khachapuri, seasonal fruit
- Friday - baked vegetables in dough, seasonal fruit

Lunch

- Monday - lentil cream soup, pasta with vegetables in tomato sauce, seasonal salad
- Tuesday - vegetable stew, sushi, seasonal salad
- Wednesday - vegetarian soup, vegetarian plov, seasonal salad
- Thursday - minestrone, vegetable cutlets with baked vegetables, seasonal salad
- Friday - chickpea soup, baked vegetables with basmati rice, seasonal salad

Afternoon snack

- Monday - samsa with vegetables, seasonal fruit
- Tuesday - rolls with cottage cheese and cheese, seasonal fruit
- Wednesday - apple pie, seasonal fruit
- Thursday - cottage cheese casserole, seasonal fruit
- Friday - envelopes with fruit filling, seasonal fruit

Drinks

- Compote
- Lemonade
- Water
- Yogurt
- Ice Tea