



# BISHKEK INTERNATIONAL SCHOOL

# MENU A

## MORNING SNACKS

<b>Monday</b>	<b>Oatmeal porridge, fruits</b>
<b>Tuesday</b>	<b>Chicken wrap, fruits</b>
<b>Wednesday</b>	<b>Millet porridge, fruits</b>
<b>Thursday</b>	<b>Sandwich with cheese &amp; vegetables, fruits</b>
<b>Friday</b>	<b>Beef sausages, fruits</b>

## AFTERNOON SNACKS

<b>Monday</b>	<b>Pancakes with cottage cheese, fruits</b>
<b>Tuesday</b>	<b>Syrniki with jam or cream, fruits</b>
<b>Wednesday</b>	<b>Oatmeal biscuits, fruits</b>
<b>Thursday</b>	<b>cheesecake, fruits</b>
<b>Friday</b>	<b>Khachapuri with cheese, fruits</b>

## LUNCH

<b>Monday</b>	<b>Meatball soup, makarony po flotsky, salad</b>
<b>Tuesday</b>	<b>Soup with pelmeni, Chicken meatballs with tomato sauce and rice, salad</b>
<b>Wednesday</b>	<b>Ragout with beef, sushi, salad</b>
<b>Thursday</b>	<b>Shorpo, Goulash with mashed potatoes, salad</b>
<b>Friday</b>	<b>Borsh, chicken nuggets with roasted vegetables, salad</b>

## DRINKS

**Compot**  
**Lemonade**  
**Ice Tea**  
**Water**  
**Yoghurt**





# BISHKEK INTERNATIONAL SCHOOL

# MENU B

## MORNING SNACKS

<b>Monday</b>	Khachapuri with cheese, fruits
<b>Tuesday</b>	Oatmeal porridge, fruits
<b>Wednesday</b>	Chicken quiche, fruits
<b>Thursday</b>	Rice porridge, fruits
<b>Friday</b>	Beef sausages, fruits

## AFTERNOON SNACKS

<b>Monday</b>	Chicken sandwich, fruits
<b>Tuesday</b>	Beef wrap with vegetables, fruits
<b>Wednesday</b>	Samsy with chicken, fruits
<b>Thursday</b>	Chicken wrap, fruits
<b>Friday</b>	Apple strudel, fruits

## LUNCH

<b>Monday</b>	Chickpea soup, Spaghetti bolognese, salad
<b>Tuesday</b>	Chicken soup with stelline, Chicken teriyaki with rice, salad
<b>Wednesday</b>	Lentil cream soup, baked fish with potato wedges, salad
<b>Thursday</b>	Cheese soup, Stewed chicken with vegetables and bulghur, salad
<b>Friday</b>	Shorpo, plov, salad

## DRINKS

Compot  
Lemonade  
Ice Tea  
Water  
Yoghurt





# BISHKEK INTERNATIONAL SCHOOL

## MENU B

(Preschool)

### MORNING SNACKS

<b>Monday</b>	Khachapuri with cheese, fruits
<b>Tuesday</b>	Oatmeal porridge, fruits
<b>Wednesday</b>	Chicken quiche, fruits
<b>Thursday</b>	Rice porridge, fruits
<b>Friday</b>	Beef sausages, fruits

### AFTERNOON SNACKS

<b>Monday</b>	Chicken sandwich, fruits
<b>Tuesday</b>	Muffins, fruits
<b>Wednesday</b>	Corn pie, fruits
<b>Thursday</b>	Belgian waffles with jam, fruits
<b>Friday</b>	Apple strudel, fruits

### LUNCH

<b>Monday</b>	Chickpea soup, Spaghetti bolognese, salad
<b>Tuesday</b>	Chicken soup with stelline, Chicken teriyaki with rice, salad
<b>Wednesday</b>	Lentil cream soup, baked fish with potato wedges, salad
<b>Thursday</b>	Cheese soup, Stewed chicken with vegetables and bulghur, salad
<b>Friday</b>	Shorpo, plov, salad

### DRINKS

Compot  
Lemonade  
Ice Tea  
Water  
Yoghurt







# BISHKEK INTERNATIONAL SCHOOL

# MENU C

## MORNING SNACKS

<b>Monday</b>	<b>French toasts with cheese/without cheese, fruits</b>
<b>Tuesday</b>	<b>Millet porridge, fruits</b>
<b>Wednesday</b>	<b>Chicken wrap, fruits</b>
<b>Thursday</b>	<b>Rice porridge, fruits</b>
<b>Friday</b>	<b>Beef sausages, fruits</b>

## AFTERNOON SNACKS

<b>Monday</b>	<b>Crusty Tomato Cheese Bread with chicken, fruits</b>
<b>Tuesday</b>	<b>Banana cake, fruits</b>
<b>Wednesday</b>	<b>cheesecake, fruits</b>
<b>Thursday</b>	<b>Samsy with chicken, fruits</b>
<b>Friday</b>	<b>Gingerbread biscuit, fruits</b>

## LUNCH

<b>Monday</b>	<b>Chicken soup with vermicelli, Penne arabiata, salad</b>
<b>Tuesday</b>	<b>Soup with pelmeni, fricassee with rice, salad</b>
<b>Wednesday</b>	<b>Chicken soup, Beefstroganoff with buckwheat, salad</b>
<b>Thursday</b>	<b>Soup with beef and rice, Cutlets with roasted vegetables, salad</b>
<b>Friday</b>	<b>Soup with eggs, lasagna, salad</b>

## DRINKS

**Compot**  
**Lemonade**  
**Ice Tea**  
**Water**  
**Yoghurt**







# BISHKEK INTERNATIONAL SCHOOL

# MENU C

(Preschool)

## MORNING SNACKS

<b>Monday</b>	French toasts with cheese/without cheese, fruits
<b>Tuesday</b>	Millet porridge, fruits
<b>Wednesday</b>	Chicken wrap, fruits
<b>Thursday</b>	Rice porridge, fruits
<b>Friday</b>	Beef sausages, fruits

## AFTERNOON SNACKS

<b>Monday</b>	Crusty Tomato Cheese Bread with chicken, fruits
<b>Tuesday</b>	Banana cake, fruits
<b>Wednesday</b>	Cheesecake, fruits
<b>Thursday</b>	Shortbread biscuits, fruits
<b>Friday</b>	Gingerbread biscuit, fruits

## LUNCH

<b>Monday</b>	Chicken soup with vermicelli, Penne arabiata, salad
<b>Tuesday</b>	Soup with pelmeni, fricassee with rice, salad
<b>Wednesday</b>	Chicken soup, Beefstroganoff with buckwheat, salad
<b>Thursday</b>	Soup with beef and rice, Cutlets with roasted vegetables, salad
<b>Friday</b>	Soup with eggs, lasagna, salad

## DRINKS

Compot  
Lemonade  
Ice Tea  
Water  
Yoghurt





# BISHKEK INTERNATIONAL SCHOOL

# MENU D

## MORNING SNACKS

<b>Monday</b>	<b>Belgium waffles with jam, fruits</b>
<b>Tuesday</b>	<b>Rice porridge, fruits</b>
<b>Wednesday</b>	<b>Cheesy sandwiches, fruits</b>
<b>Thursday</b>	<b>Oatmeal porridge, fruits</b>
<b>Friday</b>	<b>Beef sausages, fruits</b>

## AFTERNOON SNACKS

<b>Monday</b>	<b>Samsy with beef, fruits</b>
<b>Tuesday</b>	<b>Chicken and vegetable sandwich, fruits</b>
<b>Wednesday</b>	<b>Apple pie, fruits</b>
<b>Thursday</b>	<b>Cheesecake, fruits</b>
<b>Friday</b>	<b>Oatmeal biscuit, fruits</b>

## LUNCH

<b>Monday</b>	<b>Lentil cream soup, Pasta with meatballs and tomato sauce, salad</b>
<b>Tuesday</b>	<b>Beef ragout, sushi, salad</b>
<b>Wednesday</b>	<b>Shorpo, Plov, salad</b>
<b>Thursday</b>	<b>Chicken soup with stars, beef meatballs with tomato sauce and mashed potatoes, salad</b>
<b>Friday</b>	<b>Chickpea soup, Stewed beef with vegetables and basmati rice, salad</b>

## DRINKS

**Compot**  
**Lemonade**  
**Ice Tea**  
**Water**  
**Yoghurt**

