

# 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 veggie 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

# Bishkek International School

## 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, tofu with teriyaki sauce and rice, seasonal salad

Wednesday - lentil cream soup, baked vegetables, seasonal salad

Thursday - cheese soup, fried eggs with vegetables and bulghur, 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

# Bishkek International School

## 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, broccoli with vegetables with rice, seasonal salad
- Wednesday - vegetarian soup, fried eggs, buckwheat, seasonal salad
- Thursday - rice soup with vegetables, stuffed baked cauliflower with bulgur, seasonal salad
- Friday - soup with eggs, vegetarian lasagna, seasonal salad

### Afternoon snack

- Monday - crusty tomato cheese bread, 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

# Bishkek International School

## 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, tofu with vegetables and 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