



MENU "A" Preschool

We also offer as side options to complement the main meal:

1. Rice
2. Buckwheat
3. Bulgur
4. Pasta
5. Bread
6. Water is provided together with all snacks and lunches.

MONDAY

Morning Snack

1. Rice porridge with apple
2. Bread with butter/cheese
3. Fruit
4. Yoghurt/Tea with milk

Lunch

1. Chicken bouillon with vegetables
2. Farfalle with sauce
3. Fresh/Fermented vegetables
4. Compote

Afternoon snack

1. Pancakes with cottage cheese
2. Fruit
3. Compote/Tea with milk

TUESDAY

Morning Snack

1. Oatmeal porridge with dried fruits
2. Bread with butter/cheese
3. Fruit
4. Cocoa

Lunch

1. Beef bouillon with vegetables
2. Plov
3. Greek salad/Fermented vegetables/Cheese cuts
4. Iced tea

Afternoon snack

1. Crusty tomato cheese chicken bread(pizza)
2. Fruit
3. Iced tea/Cocoa

WEDNESDAY

Morning snack

1. Five-grain porridge
2. Bread with butter/cheese
3. Syrniki with jam/sour cream
4. Fruit
5. Yoghurt/Tea with lemon

Lunch

1. Pelmeni soup
2. Chicken strips + rice/mashed potatoes
3. Greek salad/Fermented vegetables
4. Compote

Afternoon snack

1. Baked potato bun
2. Fruit
3. Compote/Tea with lemon

THURSDAY

Morning snack

1. Millet porridge, boiled eggs, vegetables
2. Bread with butter/cheese
3. Fruit
4. Cocoa

Lunch

1. Soup with homemade noodles
2. Meat pie
3. Greek salad/Fermented vegetables
4. Iced tea

Afternoon snack

1. Cottage cheesecake
2. Fruit
3. Iced tea/Cocoa

FRIDAY

Morning snack

1. Corn porridge with fruits/beef sausage rolls Bread with butter/cheese
2. Fruit
3. Yoghurt/Tea with milk

Lunch

1. Cheese soup
2. Chicken curry + Basmati rice
3. Fresh/Fermented vegetables
4. Compote

Afternoon snack

1. Cherry pie
2. Fruit
3. Compote/Tea with milk



MENU "B" Preschool

We also offer as side options to complement the main meal:

1. Rice
2. Buckwheat
3. Bulgur
4. Pasta
5. Bread
6. Water is provided with all snacks and lunches.

MONDAY

Morning Snack

1. Rice porridge with apple
2. Bread with butter/cheese
3. Cottage cheese waffles
4. Fruit
5. Yoghurt/Tea with milk

Lunch

1. Chicken bouillon with vegetables
2. Macaroni po-flotski
3. Greek salad/Fermented vegetables
4. Compote

Afternoon snack

1. Charlotte with fruits, fruit
2. Fruit
3. Compote/Tea with milk

TUESDAY

Morning Snack

1. Oatmeal porridge with dried fruits
2. Bread with butter/cheese
3. Fruit
4. Cocoa

Lunch

1. Beef Bouillon with vegetables
2. Chicken teriyaki + rice
3. Fresh/Fermented vegetables
4. Iced tea

Afternoon snack

1. Sochinskii with cottage cheese
2. Fruit
3. Iced tea/Cocoa

WEDNESDAY

Morning snack

1. Five-grain porridge
2. Bread with butter/cheese
3. Samsy with chicken
4. Fruit
5. Yoghurt/Tea with lemon

Lunch

1. Meatball soup
2. Fish fillet on vegie bed + mashed potatoes
3. Greek salad/Fermented vegetables
4. Compote

Afternoon snack

1. Bounty cake/Oatmeal biscuit
2. Fruit
3. Compote/Tea with lemon

THURSDAY

Morning snack

1. Corn porridge, borsoki, vegetables
2. Bread with butter/cheese
3. Fruit
4. Cocoa

Lunch

1. Ragout
2. Cutlets + rice
3. Fresh/Fermented vegetables
4. Iced tea

Afternoon snack

1. Curd cheesecake
2. Fruit
3. Iced tea/Cocoa

FRIDAY

Morning snack

1. Millet porridge/Beef sausage rolls
2. Bread with butter/cheese
3. Fruit
4. Yoghurt/Tea with milk

Lunch

1. Lentil cream soup
2. Soba noodle with beef
3. Greek salad/Fermented vegetables
4. Compote

Afternoon snack

1. Banana cake with pumpkin & sunflower seeds
2. Fruit
3. Compote/Tea with milk



MENU "C" Preschool

We also offer as side options to complement the main meal:

1. Rice
2. Buckwheat
3. Pasta
4. Bulgur
5. Bread daily
6. Water is provided with all snacks and lunches.

MONDAY

Morning Snack

1. Rice porridge with apple
2. Bread with butter/cheese
3. Khachapuri
4. Fruit
5. Yoghurt/Tea with milk

Lunch

1. Rassolnik
2. Pasta with sauce
3. Salad with beans/Fermented vegetables
4. Compote

Afternoon snack

1. Pancakes with/without cottage cheese
2. Fruit
3. Compote/Tea with milk

TUESDAY

Morning Snack

1. Oatmeal porridge with dried fruits
2. Bread with butter/cheese
2. Fruit
3. Cocoa

Lunch

1. Beef Boullion with vegetables
2. Plov
3. Fresh/Fermented vegetables
4. Iced tea

Afternoon snack

1. Crusty tomato cheese chicken bread(pizza)
2. Fruit
3. Iced tea/Cocoa

THURSDAY

Morning snack

1. Oatmeal porridge, vegetables
2. Bread with butter/cheese
3. Fruit
4. Cocoa

Lunch

1. Chicken bouillon with beans
2. Beef curry + basmati rice
3. Fresh/Fermented vegetables
4. Iced tea

Afternoon snack

1. Baked potato bun
2. Fruit
3. Iced tea/Cocoa

FRIDAY

Morning snack

1. Millet porridge/Beef sausage rolls
2. Bread with butter/cheese
3. Fruit
4. Yoghurt/Tea with milk

Lunch

1. Borsh
2. Chicken Drumstick + rice
3. Fresh/Fermented vegetables
4. Compote

Afternoon snack

1. Apple pie
2. Fruit
3. Compote/Tea with milk

Morning snack

1. Five-grain porridge
2. Bread with butter/cheese
3. Chicken sandwich
2. Fruit
3. Yoghurt/Tea with lemon

Lunch

1. Pelmeni soup
2. Beef stroganoff + buckwheat
3. Fresh/Fermented vegetables
4. Compote

Afternoon snack

1. Cherry pie
2. Fruit
3. Compote/Tea with lemon

Bishkek International School

MENU "D" Preschool

We also offer as side options to complement the main meal:

1. Rice
2. Buckwheat
3. Bulgur
4. Bread
5. Pasta
6. Water is provided with all snacks and lunches.

MONDAY

Morning Snack

1. Oatmeal porridge with apple
2. Bread with butter/cheese/vegetables
3. Fruit
4. Yoghurt/Tea with milk

Lunch

1. Chicken bouillon with vegetables
2. Pasta with sauce
3. Fresh/Fermented vegetables
4. Compote

Afternoon snack

1. Cake with dried fruits
2. Fruit
3. Compote/Tea with milk

TUESDAY

Morning Snack

1. Oatmeal porridge with dried fruits
2. Bread with butter/cheese
3. Fruit
4. Cocoa

Lunch

1. Beef Bouillon with vegetables
2. Chicken teriyaki + rice
3. Fresh/Fermented vegetables
4. Iced tea

Afternoon snack

1. Raspberry pie
2. Fruit
3. Iced tea/Cocoa

WEDNESDAY

Morning snack

1. Five-grain porridge
2. Bread with butter/cheese
3. Samsy with chicken
4. Fruit
4. Yoghurt/Tea with lemon

Lunch

1. Meatball soup
2. Chili Con Carne + rice
3. Fresh/Fermented vegetables
4. Compote

Afternoon snack

1. Black current curd cake
2. Fruit
3. Compote/Tea with lemon

THURSDAY

Morning snack

1. Rice porridge, boiled eggs, vegetables
2. Bread with butter/cheese
3. Fruit
4. Cocoa

Lunch

1. Ragout
2. Cutlets + rice
3. Fresh/Fermented vegetables
4. Iced tea

Afternoon snack

1. Peach and Apricot pie
2. Fruit
3. Iced tea/Cocoa

FRIDAY

Morning snack

1. Millet porridge/Beef sausage rolls
2. Bread with butter/cheese
3. Fruit
4. Yoghurt/Tea with milk

Lunch

1. Soup with eggs
2. Meatballs with mashed potatoes
3. Fresh/Fermented vegetables
4. Compote

Afternoon snack

1. Banana cake with pumpkin & sunflower seeds
2. Fruit
3. Compote/Tea with milk