



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

Lunch

1. Chicken bouillon with vegetables
2. Farfalle with sauce
3. Vegetable platter/ Radish salad
4. Compote

Afternoon snack

1. Pancakes with cottage cheese
2. Fruit
3. Compote

TUESDAY

Morning Snack

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

Lunch

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

Afternoon snack

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

WEDNESDAY

Morning snack

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

Lunch

1. Pelmeni soup
2. Chicken strips + rice/mashed potatoes
3. Vegetable platter/ Radish salad
4. Compote

Afternoon snack

1. Baked potato bun
2. Fruit
3. Compote

THURSDAY

Morning snack

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

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

FRIDAY

Morning snack

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

Lunch

1. Cheese soup
2. Chicken curry + Basmati rice
3. Greek salad/ Vegetable platter
4. Lemonade

Afternoon snack

1. Cherry pie
2. Fruit
3. Lemonade



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

Lunch

1. Chicken bouillon with vegetables
2. Macaroni po-flotski
3. Vegetable platter/ Radish salad
4. Compote

Afternoon snack

1. Charlotte with fruits, fruit
2. Fruit
3. Compote

TUESDAY

Morning Snack

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

Lunch

1. Beef Bouillon with vegetables
2. Chicken teriyaki + rice
3. Greek salad/ Vegetable platter
4. Iced tea

Afternoon snack

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

WEDNESDAY

Morning snack

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

Lunch

1. Meatball soup
2. Fish fillet on vegie bed + mashed potatoes
3. Vegetable platter/ Radish salad
4. Compote

Afternoon snack

1. Bounty cake/Oatmeal biscuit
2. Fruit
3. Compote

THURSDAY

Morning snack

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

Lunch

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

Afternoon snack

1. Curd cheesecake
2. Fruit
3. Iced tea

FRIDAY

Morning snack

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

Lunch

1. Lentil cream soup
2. Soba noodle with beef
3. Greek salad/ Vegetable platter
4. Lemonade

Afternoon snack

1. Banana cake with pumpkin & sunflower seeds
2. Fruit
3. Lemonade



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

Lunch

1. Rassolnik
2. Pasta with sauce
3. Vegetable platter/ Radish salad
4. Compote

Afternoon snack

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

TUESDAY

Morning Snack

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

Lunch

1. Beef Bullion with vegetables
2. Plov
3. Greek salad/ Vegetable platter
4. Iced tea

Afternoon snack

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

WEDNESDAY

Morning snack

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

Lunch

1. Pelmeni soup
2. Beef stroganoff + buckwheat
3. Vegetable platter/ Radish salad
4. Compote

Afternoon snack

1. Cherry pie
2. Fruit
3. Compote

THURSDAY

Morning snack

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

Lunch

1. Vegetable cream soup
2. Beef curry + basmati rice
3. Fresh/Fermented vegetables
4. Iced tea

Afternoon snack

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

FRIDAY

Morning snack

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

Lunch

1. Borsh
2. Chicken Drumstick + rice
3. Greek salad/ Vegetable platter
4. Lemonade

Afternoon snack

1. Apple pie
2. Fruit
3. Lemonade

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

Lunch

1. Chicken bouillon with vegetables
2. Pasta with sauce
3. Vegetable platter/ Radish salad
4. Compote

Afternoon snack

1. Bounty cake
2. Fruit
3. Compote

TUESDAY

Morning Snack

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

Lunch

1. Beef Bouillon with vegetables
2. Chicken teriyaki + rice
3. Greek salad/ Vegetable platter
4. Iced tea

Afternoon snack

1. Raspberry pie
2. Fruit
3. Iced tea

WEDNESDAY

Morning snack

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

Lunch

1. Meatball soup
2. Chili Con Carne + rice
3. Vegetable platter/ Radish salad
4. Compote

Afternoon snack

1. Black current curd cake
2. Fruit
3. Compote

THURSDAY

Morning snack

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

Lunch

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

Afternoon snack

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

FRIDAY

Morning snack

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

Lunch

1. Soup with eggs
2. Meatballs with mashed potatoes
3. Greek salad/ Vegetable platter
4. Lemonade

Afternoon snack

1. Banana cake with pumpkin & sunflower seeds
2. Fruit
3. Lemonade