

EXAMPLES with MENUS of the

ISR Hot Lunch Programme MENUS in 2018 – 2019 school year

Preschool and Kindergarten

Each school hot lunch for Preschool and Kindergarten consists of:

- 1) a vegetarian soup
- 2) a meat entree
- 3) a vegetarian entree
- 4) a side (e.g potatoes, pasta, rice)
- 5) a salad
- 6) a dessert (e.g. fruit salad, single fruit, curd snack, yogurt OR a pastry)
- 7) a drink

Grades 1 – 12

Each school hot lunch for Grades 1 - 12 will consist of:

- 1) 1 soup (vegetarian)
- 2) choice of entree (2 different meat options OR 1 type of meat and 1 type of fish)
- 3) 1 vegetarian entree
- 4) choice of side (potatoes prepared in different ways and pasta / rice / bulgur / couscous / buckwheat etc.)
- 5) choice of salad (mixed with a sauce or just plain vegetables with sauce aside)
- 6) warm or cold sauce (depending on the daily menu)
- 7) dessert (usually fruit salad, single fruit, curd snack "Kārums", yogurt OR a pastry)
- 8) 2 types of bread
- 9) drink (usually a fruit drink)

Examples of weekly menus in 2019 (Preschool and Kindergarten menus are indicated with *):

10 June
Borsch in Ukrainian style*
Home style chicken fillet chop*
Traditional beef Bolognese sauce
Vegetable pilaf
Oven baked potatoes*
Pasta
Cucumber and tomato salad with olive oil*
Biscuit with seeds*
Sour cream*
11 June
Vegetable cream soup*
Pilaf with chicken*
Pork chop in lingonberry - balsamic sauce
Oven baked broccoli with cheese
Carrot salad with mayonnaise
Sweet bell pepper*
Mashed potatoes
Curd snack*

Southern sauce
12 June
Vegetable soup with cheese*
Turkey meatball
Steamed salmon*
Boiled potatoes with dill*
Couscous
Potato pancake
Cabbage salad with sweet bell pepper and oil
Cucumbers*
Yoghurt sauce
Cut melon*
Sour cream*
1 April
Boiled potatoes with dill*
Rice
Chickpea and tomato tagine
Cauliflower soup*
Sour cream*
Pears*
Pork curry
Oven baked chicken pieces*
Cabbage and cucumber salad with oil
Sweet bell peppers*
2 April
Pasta*
Oven baked potatoes
Tortilla with vegetables, rice noodles and breadcrumbs
Kefir and sour cream with green herbs
Vanilla curd snack*
Beef meatball with cauliflower*
Chicken chop with mustard
Pumpkin cream soup*
Carrot and cucumber salad with sweet bell peppers*
Beetroot salad with garlic and mayonnaise
3 April
Buckwheat*
Mashed potatoes
Oven baked broccoli with cheese
Pineapple and mango smoothie with coconut milk*
Salmon cutlet with bread crumbs*
Chicken fillet in cream glaze
Ribollita / Tuscany bread and vegetables soup*
Sour cream*
Cheese sauce with garlic
Cabbage salad with peppers and cauliflower*
Tomatoes*
4 April

Rice
Baked potatoes*
Kefir and sour cream with green herbs
Turkey meatball*
Beef goulash
Pastry with cream*
Cabbage and cucumber salad with green herbs and oil
Carrots*
Summer squash and bean soup with spinach*
Sour cream*
Yellow lentil and vegetable curry
5 April
Boiled potatoes with dill
Couscous*
Beetroot soup with cabbage*
Sour cream*
Vegetarian quesadilla with cheese and cottage cheese
Assorted fruit*
Fried chicken fillet in orange marinade*
Pork goulash
Cabbage salad with red radish
Chinese cabbage salad with dill and oil*
11 February
Rice*
Boiled potatoes with dill
Vanilla curd snack*
Pork in sweet and sour sauce
Chicken thigh with honey in Chinese style*
Tomato sauce*
Spicy rice noodles with vegetables
Borsch in Ukrainian style*
Sour cream*
Carrot salad with mayonnaise
Chinese cabbage and cucumber salad with oil*
12 February
Boiled and baked potatoes
Wholegrain pasta*
Forest berry and yoghurt smoothie*
Salmon cutlet with bread crumbs*
Beef stroganoff
Zucchini with shiitake mushrooms
Vegetable soup with pickled cucumbers*
Sour cream*
Pickled cucumbers
Beetroot salad with garlic and mayonnaise*
13 February
Mashed potatoes*
Buckwheat
Pork chop in bouillon sauce

Turkey meat cutlet*
Baked broccoli with cheese
Vegetarian solyanka*
Sour cream*
Colourful salad*
Chinese cabbage and beetroot leaves mix
Cut melon*
Garlic sauce*
14 February
Boiled potatoes
Bulgur*
Pork cutlet in home style*
Chicken fillet chop in home style
Sour cream sauce
Cabbage cutlet
Vegetable cream soup*
Caramel cake*
Sour cabbage salad with oil
Tomatoes*
15 February
Boiled potatoes with dill
Potato pancakes
Couscous*
Fruit plate*
Turkey goulash*
Minced beef meat schnitzel
Cauliflower soup*
Sour cream*
Chinese cabbage and cucumber salad with sour cream*
Paprika
Southern sauce*