



BISHKEK INTERNATIONAL SCHOOL

MENU A

MORNING SNACKS

| | |
|------------------|--|
| Monday | Oatmeal porridge, fruits |
| Tuesday | Chicken wrap, fruits |
| Wednesday | Millet porridge, fruits |
| Thursday | Sandwich with cheese & vegetables, fruits |
| Friday | Beef sausages, fruits |

AFTERNOON SNACKS

| | |
|------------------|---|
| Monday | Pancakes with cottage cheese, fruits |
| Tuesday | Syrniki with jam or cream, fruits |
| Wednesday | Oatmeal biscuits, fruits |
| Thursday | cheesecake, fruits |
| Friday | Khachapuri with cheese, fruits |

LUNCH

| | |
|------------------|--|
| Monday | Meatball soup, makarony po flotsky, salad |
| Tuesday | Soup with pelmeni, chicken nuggets with roasted vegetables, salad |
| Wednesday | Ragout with beef, sushi, salad |
| Thursday | Shorpo, Goulash with mashed potatoes, salad |
| Friday | Borsh, lasagna, salad |

DRINKS

Compot
Lemonade
Ice Tea
Water
Yoghurt





BISHKEK INTERNATIONAL SCHOOL

MENU B

MORNING SNACKS

| | |
|------------------|---------------------------------------|
| Monday | Khachapuri with cheese, fruits |
| Tuesday | Oatmeal porridge, fruits |
| Wednesday | Chicken quiche, fruits |
| Thursday | Rice porridge, fruits |
| Friday | Beef sausages, fruits |

AFTERNOON SNACKS

| | |
|------------------|--|
| Monday | Chicken sandwich, fruits |
| Tuesday | Beef wrap with vegetables, fruits |
| Wednesday | Samsy with chicken, fruits |
| Thursday | Chicken wrap, fruits |
| Friday | Apple strudel, fruits |

LUNCH

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

DRINKS

Compot
Lemonade
Ice Tea
Water
Yoghurt





BISHKEK INTERNATIONAL SCHOOL

MENU B

(Preschool)

MORNING SNACKS

| | |
|------------------|--------------------------------|
| Monday | Khachapuri with cheese, fruits |
| Tuesday | Oatmeal porridge, fruits |
| Wednesday | Chicken quiche, fruits |
| Thursday | Rice porridge, fruits |
| Friday | Beef sausages, fruits |

AFTERNOON SNACKS

| | |
|------------------|----------------------------------|
| Monday | Chicken sandwich, fruits |
| Tuesday | Muffins, fruits |
| Wednesday | Corn pie, fruits |
| Thursday | Belgian waffles with jam, fruits |
| Friday | Apple strudel, fruits |

LUNCH

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

DRINKS

Compot
Lemonade
Ice Tea
Water
Yoghurt





BISHKEK INTERNATIONAL SCHOOL

MENU C

MORNING SNACKS

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

AFTERNOON SNACKS

| | |
|------------------|--|
| Monday | Crusty Tomato Cheese Bread with chicken, fruits |
| Tuesday | Banana cake, fruits |
| Wednesday | cheesecake, fruits |
| Thursday | Samsy with chicken, fruits |
| Friday | Gingerbread biscuit, fruits |

LUNCH

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

DRINKS

Compot
Lemonade
Ice Tea
Water
Yoghurt





BISHKEK INTERNATIONAL SCHOOL

MENU C

(Preschool)

MORNING SNACKS

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

AFTERNOON SNACKS

| | |
|------------------|---|
| Monday | Crusty Tomato Cheese Bread with chicken, fruits |
| Tuesday | Banana cake, fruits |
| Wednesday | Cheesecake, fruits |
| Thursday | Shortbread biscuits, fruits |
| Friday | Gingerbread biscuit, fruits |

LUNCH

| | |
|------------------|---|
| Monday | Chicken soup with vermicelli, Penne arabiata, salad |
| Tuesday | Soup with pelmeni, fricassee with rice, salad |
| Wednesday | Chicken soup, Beefstroganoff with buckwheat, salad |
| Thursday | Soup with beef and rice, Cutlets with roasted vegetables, salad |
| Friday | Soup with eggs, farfalle with meat sauce, salad |

DRINKS

Compot
Lemonade
Ice Tea
Water
Yoghurt





BISHKEK INTERNATIONAL SCHOOL

MENU D

MORNING SNACKS

| | |
|------------------|---|
| Monday | Belgium waffles with jam, fruits |
| Tuesday | Rice porridge, fruits |
| Wednesday | Cheesy sandwiches, fruits |
| Thursday | Oatmeal porridge, fruits |
| Friday | Beef sausages, fruits |

AFTERNOON SNACKS

| | |
|------------------|---|
| Monday | Samsy with beef, fruits |
| Tuesday | Chicken and vegetable sandwich, fruits |
| Wednesday | Apple pie, fruits |
| Thursday | Cheesecake, fruits |
| Friday | Oatmeal biscuit, fruits |

LUNCH

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

DRINKS

Compot
Lemonade
Ice Tea
Water
Yoghurt

