



British School  
of Bucharest

# LUNCH MENU

## EYFS

### WEEK 3

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

#### SOUP/BORSCHT

Beef soup

Fish borscht with rice

Duck soup

Smoked bean soup

Chicken soup

#### SOUP VEGETARIAN OPTION

Courgette cream soup

Broccoli cream soup

Green lentil cream soup

Wild mushroom cream soup

Vegetable minestrone

#### MAIN COURSE

Baked turkey legs  
Grilled salmon fillets

Chicken kebobs  
Baked veal steak

Chicken cacciatore  
Turkey breast and  
vegetable quesadilla

Turkey breast croquettes  
Oven baked zander fish

Hachis parmentier  
Chicken rolls

#### MAIN COURSE VEGETARIAN OPTION

Pesto farfalle

Rice pilaf with fresh vegetables

Potato goulash

Baked beans

Mushrooms au gratin

#### SIDE ORDER

Red rice  
Potato carbonara

Baked potato wedges  
Steamed broccoli

Carrot puree  
Steamed Mexican vegetable mix

Baby spinach risotto  
Rosemary potatoes

Celery puree  
Sautéed asparagus

#### SALAD BUFFET

Green salad mix  
Corn salad  
Avocado salad  
Vegetable sticks  
Olive mix

Pickled cucumber salad  
Two toned cabbage salad  
Grilled corn salad  
Vegetable sticks  
Couscous salad

Cucumber salad with mango  
Mushroom salad  
Vegetable sticks  
Bulgarian salad  
Baby spinach salad with apples

Green salad  
Vegetable sticks  
Assorted salad  
Hummus  
Sweet corn salad

Sweet potato salad  
Baked pepper salad  
Vegetable salad  
Vegetable sticks  
Tomato salad

#### DESSERT/FRUIT

Apple muffins  
Cherry cake  
Fruit salad  
Seasonal fruit platter

Cereal bar  
Biscuit cake  
Berries smoothie  
Seasonal fruit platter

Carrot cake  
Honey waffles  
Fruit salad with yoghurt  
Seasonal fruit platter

Chocolate sponge cake  
Cookies  
Banana smoothie  
Seasonal fruit platter

Fruit Diplomat cake  
Jam pancakes  
Fruit salad  
Seasonal fruit platter

#### BREAD

Assorted bread

Assorted bread

Assorted bread

Assorted bread

Assorted bread