



British School
of Bucharest

LUNCH MENU

WEEK 4

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP/BORSCHT

Greek beef borscht

Turkey borscht

Vegetable borscht with sour cream

Asian beef soup

Duck borscht with cabbage

SOUP VEGETARIAN OPTION

Chickpea soup

Parsnip cream soup

Sweet potato and courgette
cream soup

Tomato soup with basil

Bean soup with pesto

MAIN COURSE

Turkey breast kabobs
marinated in yoghurt
Beef wok with vegetables

Homemade chicken burger
Chicken wings

Grilled turkey breast
Baked butter fish fillets

Grilled chicken legs
Baked duck legs with spices
and orange

Chicken tikka masala
Fish moussaka with potatoes

MAIN COURSE VEGETARIAN OPTION

Penne with au gratin vegetables

Soy vegan burger

Cheese stuffed mushrooms

Rice pilaf with vegetables

Sautéed vegetables

SIDE ORDER

Steamed Broccoli
Basmati rice

Baked potato wedges
Grilled courgette with garlic

Chinese rice with egg
Bulgur with sun-dried tomatoes

Peas and corn risoni
Baby carrots caramelised
with honey

Couscous
Steamed green beans

SALAD BUFFET

Green salad mix
Tomato salad with olives
Vegetable sticks
Chickpea salad with peppers
Bean paste
Beetroot salad

Sweet corn salad
Rocket salad with
pomegranate
Assorted salad
Olive mix
Pickled cucumber salad
Rice salad

Hummus
Lettuce salad
Three toned cabbage salad
Aubergine 'Zacusca'
Vegetable sticks
Oriental bean salad

Caeser salad
Pickle salad
Potato salad with yogurt
Fish salad with corn
Tomato salad
Pasta salad with ham

Valerian salad
Vegetable salad
Vegetable sushi
Cucumber salad with yoghurt
Tuna and corn salad
Vegetable sticks

DESSERT/FRUIT

Apple pie with
homemade pastry
Three colour mousse
Smoothie with berries
Seasonal fruit platter

Oatmeal cookies
Caramel tart
Fruit salad
Seasonal fruit platter

Vanilla and chocolate ice cream cones
Yoghurt and berries mousse
Banana smoothie
Seasonal fruit platter

Mini pain au Chocolat
Mint cake
Fruit salad
Seasonal fruit platter

Berries muffins
Chocolate mascots
Smoothie
Seasonal fruit platter

BREAD

Assorted bread
Hearth baked pita

Assorted bread
Lebanese pita

Assorted bread
Hearth baked pita

Assorted bread
Lebanese pita

Assorted bread
Hearth baked pita