



Haileybury Almaty Menu 2026

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Oatmeal with grapes / Oatmeal made with lactose-free milk 250 g Steamed omelette with broccoli cream / Baked egg 60 g Green lentils in tomato sauce 50 g Bagel with chicken and fresh vegetables 80 g Yoghurt with homemade granola / Raspberry yoghurt 1 pc. Seasonal fruitss 100 g Tea with pear and vanilla 200 g	Rice porridge with melon / Rice porridge made with lactose-free milk 250 g Scrambled omelette / Poached egg with tomato 60 g Beans in tomato sauce 50 g Curd pancakes with pumpkin, flaxseed and sour cream 60 g Egg sandwich 80 g Seasonal fruits 100 g Moroccan tea 200 g	Corn porridge with baked nectarines Corn porridge made with lactose-free milk 250 g Ajitama egg / Shakshuka with fresh herbs 60 g Lentils in tomato sauce with bell pepper 50 g Banana-oat pancakes with ricotta 80 g Seasonal fruits 100 g Cocoa 200 g	Wheat porridge with caramelised pear Wheat porridge made with lactose-free milk 250 g Fried egg / Omelette with courgette 60 g White beans in Italian sauce 50 g Matcha yoghurt / Homemade yoghurt 1 pc. 60 g Chicken Parmesan roll 80 g Seasonal fruits 100 g Fruit and berry tea 200 g	Millet porridge with tary and prunes / Millet porridge made with lactose-free milk 250 g Fried egg with homemade pesto / Boiled egg 60 g Red lentils in a spicy sauce 50 g Curd pudding with irimshik Katsu sandwich on rye bread 80 g Seasonal fruits 100 g Tea with milk 200 g
SALAD BAR	Salad bar: 14 varieties of fresh, healthy vegetables, herbs and green salad leaves Healthy dressings / Sauces Seasonal fruits	Salad bar: 14 varieties of fresh, healthy vegetables, herbs and green salad leaves Healthy dressings / Sauces Seasonal fruits	Salad bar: 14 varieties of fresh, healthy vegetables, herbs and leaves green salad Healthy dressings / Sauces Seasonal fruits	Salad bar: 14 varieties of fresh, healthy vegetables, herbs and leaves green salad Healthy dressings / Sauces Seasonal fruits	Salad bar: 14 varieties of fresh, healthy vegetables, herbs and green salad leaves Healthy dressings / Sauces Seasonal fruits
SOUPS	Lentil cream soup 250 g Chicken soup with gnocchi 250 g	Courgette cream soup 250 g Green sorrel soup 250 g	Cold gazpacho cream soup 250 g Chicken shoyu ramen 250 g	Cauliflower cream soup with truffle oil 250 g Miso soup 250 g	Pumpkin cream soup with seeds 250 g Soup with turkey meatballs 250 g
SIDE DISHES	Buckwheat with seasonal vegetables 180 g Grilled corn with potato halves 180 g	Cooked rice 180 g Roasted vegetables (carrot, courgette and pepper) 180 g	Steamed buckwheat 180 g Baked potato fries 180 g	Cooked rice with fresh peas 180 g Cabbage with herbs and ghee 180 g	Bulgur with roasted vegetables 180 g Potato and pumpkin purée 180 g
HOT DISHES	Long-grain rice pilaf with horse meat, yellow carrot and chickpeas 250 g Chicken meatball in Italian sauce 80 g	Dumplings with yoghurt and thyme sauce 250 g Hunter's style chicken 120 g	Beef with tomatoes and cherry tkemali 80 g Chicken medallions with roasted pepper sauce 80 g	Baked salmon 80 g Slow-cooked turkey with cauliflower cream 100 g	Horse-meat patties 80 g Potato dumplings 250 g

DRINKS AND DESSERTS	Hibiscus drink 200 g (Unsweetened)	Brownie dessert 50 g Cherry compote 200 g (Unsweetened)	Apricot compote 200 g (Unsweetened)	Yoghurt parfait with berries and crunchy granola 50 g Strawberry compote 200 g (Unsweetened)	Plum compote 200 g (Unsweetened)
VEGETARIAN DISHES / DIET MENU	Courgette fritters with tzatziki sauce 250 g Rice noodles with Pad Thai sauce 250 g Steamed chicken meatball 80 g	Baked carrot and potato in miso with chickpea cream 250 g Grilled broccoli with tomatoes and spicy sauce 250 g Steamed chicken 80 g Bowl station	Sweet pepper peperonata with feta 250 g Corn with herb oil 250 g Steamed chicken steaks 80 g	Baked sweet potato with kimchi and sesame 250 g Hummus with roasted vegetables 250 g Pike-perch patties 80 g Onigiri / Kimbap	Courgette spaghetti with sun- dried tomatoes 250 g Rice balls with coconut-mint sauce 250 g Steamed horse-meat patties 80 g
BREAD TABLE	Sourdough rye bread / Sourdough wheat bread / Wholegrain bread / Gluten-free bread / Baguette	Sourdough rye bread / Sourdough wheat bread / Wholegrain bread / Gluten-free bread / Baguette / Crispbread	Sourdough rye bread / Sourdough wheat bread / Wholegrain bread / Gluten-free bread / Baguette	Sourdough rye bread / Sourdough wheat bread / Wholegrain bread / Gluten-free bread / Baguette / Crispbread	Sourdough rye bread / Sourdough wheat bread / Wholegrain bread / Gluten-free bread / Baguette
PASTA STATION	Italian durum-wheat pasta 150 g Italian tomato sauce 100 g	Italian durum-wheat pasta 150 g Cheese sauce 100 g	Italian durum-wheat pasta 150 g Tomato and basil sauce 100 g	Italian durum-wheat pasta 150 g Pesto sauce 100 g	Italian durum-wheat pasta 150 g Cream sauce 100 g
SNACK	Lemon cinnamon roll 60 g	Carrot cake with orange zest 60 g	Oat muffin with apple and cinnamon 60 g	Pear galette 60 g	Turkey turnover 60 g
PIZZA AND SANDWICH STATION	Margherita pizza 60 g Margherita pizza with tomatoes 60 g	Chicken club sandwich with BBQ sauce 50 g	New York Margherita pizza 60 g Chicken pizza 60 g	Caprese sandwich 50 g	Margherita pizza 60 g Pepperoni pizza 60 g

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Barley porridge with peach / Flax porridge made with lactose-free milk 250 g French omelette / Fried egg 60 g Beans in sweet-and-sour sauce 50 g Reuben sandwich with turkey pastrami, cheese and fermented cucumber 80 g Homemade yoghurt / Berry yoghurt 1 pc. Seasonal fruits 100 g Tashkent tea 200 g	3-grain porridge / 3-grain porridge made with lactose-free milk 250 g Japanese Tornado omelette / Boiled egg 60 g Lentils in Italian basil sauce 50 g Avocado toast with cream cheese, rocket and egg 80 g Curd pudding with orange zest 60 g Seasonal fruits 100 g Tea with peach and jasmine 200 g	Rice porridge with fresh raspberries / Rice porridge made with coconut milk 250 g. Turkish-style egg / Baked egg 60 g Red beans in tomato sauce 50 g American pancakes with maple syrup 2 pcs. Matcha yoghurt / Cherry yoghurt 1 pc. Seasonal fruits 100 g Cocoa 200 g	Savoury millet porridge with protein and pumpkin Millet porridge made with lactose-free milk 250 g Italian frittata / Scrambled omelette 60 g Lentils in tomato sauce 50 g Curd pancakes with banana cream and slow-cooked pear 60 g Sabich sandwich with chicken, vegetables and tahini sauce Seasonal fruits 100 g Tea with lemon 200 g	Oatmeal with pear Oatmeal made with lactose-free milk 250 g Egg-white omelette with cherry tomatoes / Boiled egg 60 g White beans in tomato sauce 60 g Khychin with potato 80 g Chicken wrap 80 g Seasonal fruits 100 g Citrus tea 200 g
SALAD BAR	Salad bar: 14 varieties of fresh, healthy vegetables, herbs and green salad leaves Healthy dressings / Sauces Seasonal fruits	Salad bar: 14 varieties of fresh, healthy vegetables, herbs and green salad leaves Healthy dressings / Sauces Seasonal fruits	Salad bar: 14 varieties of fresh, healthy vegetables, herbs and leaves green salad Healthy dressings / Sauces Seasonal fruits	Salad bar: 14 varieties of fresh, healthy vegetables, herbs and leaves green salad Healthy dressings / Sauces Seasonal fruits	Salad bar: 14 varieties of fresh, healthy vegetables, herbs and green salad leaves Healthy dressings / Sauces Seasonal fruits
SOUPS	Roasted sweet potato cream soup with coconut milk 250 g Minestrone soup 250 g	Corn cream soup with garlic croutons 250 g Vegetable okroshka 250 g	Pea cream soup 250 g Borscht with sour cream 250 g	Carrot cream soup 250 g Chicken soup with star pasta and green peas 250 g	Vegetable cream soup 250 g Homemade noodle soup 250 g
SIDE DISHES	Potatoes with garlic and aromatic herbs 180 g Buckwheat with summer vegetables 180 g	Wok vegetables 180 g Salpap rice 180 g	Vegetable sauté 180 g Boiled buckwheat 180 g	Mashed potatoes 180 g Cooked rice 180 g	Bulgur with ghee 180 g Courgette, ripe tomato and cheese gratin 180 g
HOT DISHES	Butter chicken 120 g Asian-style beef 100 g	Chicken schnitzel with tartare sauce 80 g Khinkali with satsebeli sauce 250 g	Turkey meatball with courgette 80 g Basma with potatoes and veal 250 g	Fish ball in sweet-and-sour sauce 80 g Tom Kha chicken 120 g	Chicken in cheese sauce 100 g Gyoza with cabbage and beef 250 g

DRINKS AND DESSERTS	Lemon-mint drink 200 g (unsweetened)	Plombir dessert 50 g Apple and pear compote 200 g (unsweetened)	Cherry compote 200 g (unsweetened)	Basque cheesecake with Greek yoghurt 50 g Plum compote 200 g (unsweetened)	Apricot compote 200 g (Unsweetened)
VEGETARIAN DISHES / DIET MENU	Tsomyan with vegetables and yuba 250 g Courgette with green pea cream and aromatic oil 250 g Steamed chicken steaks 80 g	Aubergine with smoked tomatoes 250 g Tofu in white sesame with teriyaki sauce 250 g Steamed chicken 120 g Bowl station	Vegetable spring rolls 250 g Chickpea and courgette waffles 250 g Steamed turkey meatball 80 g	Buckwheat soba with vegetables and red pepper 250 g Vegetable Wellington with pumpkin sauce 250 g Onigiri / Kimbap Steamed fish ball 80 g	Crispy chickpeas with rice and cauliflower 250 g Kumpir 250 g Steamed chicken steaks 80 g
BREAD TABLE	Sourdough rye bread / Sourdough wheat bread / Wholegrain bread / Gluten-free bread / Baguette	Sourdough rye bread / Sourdough wheat bread / Wholegrain bread / Gluten-free bread / Baguette / Crispbread	Sourdough rye bread / Sourdough wheat bread / Wholegrain bread / Gluten-free bread / Baguette	Sourdough rye bread / Sourdough wheat bread / Wholegrain bread / Gluten-free bread / Baguette / Crispbread	Sourdough rye bread / Sourdough wheat bread / Wholegrain bread / Gluten-free bread / Baguette
PASTA STATION	Italian durum-wheat pasta 150 g Italian tomato sauce 100 g	Italian durum-wheat pasta 150 g Cheese sauce 100 g	Italian durum-wheat pasta 150 g Tomato and basil sauce 100 g	Italian durum-wheat pasta 150 g Mushroom sauce 100 g	Italian durum-wheat pasta 150 g Cream sauce 100 g
SNACK	Cottage cheese muffin with berries 60 g	Chicken samsa 60 g	Oat and banana biscuit 60 g	Apple galette 60 g	Potato pie 60 g
PIZZA STATION	Margherita pizza 60 g Margherita pizza with tomatoes 60 g	Crispy chicken sandwich roll with sweet chilli sauce 50 g	New York Margherita pizza 60 g Chicken pizza 60 g	Chicken sandwich with BBQ sauce 50 g	Margherita pizza 60 g Pepperoni pizza 60 g

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Wheat porridge with fresh plum / Wheat porridge made with lactose-free milk 250 g Baked egg / Scrambled omelette 60 g Red beans in tomato sauce 50 g Panini with fermented cucumber, chicken and crisp lettuce 80 g Homemade yoghurt / Apricot yoghurt 1 pc. Seasonal fruits 100 g Moroccan tea 200 g	Corn porridge with grapes / Corn porridge made with lactose-free milk 250 g Boiled egg / Omelette with herbs 60 g White beans in Italian sauce 50 g Curd pudding with pear and slow-cooked vanilla 60 g Salmon roll with crème fraîche and vegetables 80 g Seasonal fruits 100 g Rosehip tea 200 g	Rice porridge with candied fruit / Rice porridge made with lactose-free milk 250 g Fried egg / Spanish omelette 60 g Turkish-style lentils in tomato sauce 50 g Croissant with chicken and vegetables 80 g Classic yoghurt / Yoghurt with fresh berries 1 pc. Seasonal fruits 100 g Cocoa 200 g	Oatmeal with cranberries / Oatmeal made with lactose-free milk 250 g Omelette with feta / Boiled egg 60 g Beans in tomato and basil sauce 50 g Pumpkin pancakes with orange zest and yoghurt 80 g Curd soufflé with vanilla cream cheese and strawberry tartare 60 g Seasonal fruits 100 g Tea with orange and mint 200 g	5-grain porridge with apple and cinnamon / 5-grain porridge made with lactose-free milk 250 g Poached egg / Omelette with green peas 60 g Lentils in sweet-and-sour sauce 50 g Turkey sandwich with Asian sauce 80 g Seasonal fruits 100 g Tea with milk 200 g
SALAD BAR	Salad bar: 14 varieties of fresh, healthy vegetables, herbs and green salad leaves Healthy dressings / Sauces Seasonal fruits	Salad bar: 14 varieties of fresh, healthy vegetables, herbs and green salad leaves Healthy dressings / Sauces Seasonal fruits	Salad bar: 14 varieties of fresh, healthy vegetables, herbs and leaves green salad Healthy dressings / Sauces Seasonal fruits	Salad bar: 14 varieties of fresh, healthy vegetables, herbs and leaves green salad Healthy dressings / Sauces Seasonal fruits	Salad bar: 14 varieties of fresh, healthy vegetables, herbs and green salad leaves Healthy dressings / Sauces Seasonal fruits
SOUPS	Tomato cream soup 250 g Cold beetroot soup 250 g	Roasted pepper cream soup 250 g Chicken pho ga 250 g	Aubergine cream soup with tahini 250 g Soup with horse-meat meatballs 250 g	Pumpkin cream soup with flaxseed 250 g Beef broth with baked boursak 250 g	Lentil cream soup 250 g Kharcho soup 250 g
SIDE DISHES	Potato rings 180 g Boiled buckwheat 180 g	Vegetable casserole 180 g Rice with sesame 180 g	Boiled buckwheat 180 g Mashed potatoes 180 g	Grilled vegetables 180 g Cooked rice 180 g	Baked potato wedges 180 g Bulgur 180 g
HOT DISHES	Pilaf with horse meat 250 g Baked chicken in peri-peri sauce 120 g	Manty with beef and pumpkin 250 g Chicken in Asian sauce 100 g	Chicken steaks in creamy truffle sauce 80 g Grilled beefsteak 80 g	Salmon and pike-perch patties 80 g Beef stroganoff with fermented cucumber 100 g	Veal dumplings with Ponzu sauce 250 g Jerk chicken in orange sauce 80 g

DRINKS AND DESSERTS	Hibiscus drink 200 g (Unsweetened)	Matcha mousse with plain yoghurt and berries 50 g Cherry compote 200 g (Unsweetened)	Strawberry compote 200 g (Unsweetened)	Protein tiramisu 50 g Apricot compote 200 g (Unsweetened)	Plum compote 200 g (Unsweetened)
VEGETARIAN DIET MENU	Grilled courgette with lemon sauce and herbs 250 g White bean cream with tomato crisps 250 g Steamed chicken 120 g	Caramelised pumpkin with courgette cream 250 g Green buckwheat with mushrooms and spinach 250 g Steamed chicken steaks 80 g Bowl station	Lentil waffles 250 g Cauliflower with tahini and pomegranate 250 g Steamed beef patties 80 g	Carrot patties 250 g Aubergine with miso glaze 250 g Onigiri / Kimbap Steamed fish patties 80 g	Chinese-style vegetables 250 g Potato fritters 250 g Chicken roulades 80 g
BREAD TABLE	Sourdough rye bread / Sourdough wheat bread / Wholegrain bread / Gluten-free bread / Baguette	Sourdough rye bread / Sourdough wheat bread / Wholegrain bread / Gluten-free bread / Baguette / Crispbread	Sourdough rye bread / Sourdough wheat bread / Wholegrain bread / Gluten-free bread / Baguette	Sourdough rye bread / Sourdough wheat bread / Wholegrain bread / Gluten-free bread / Baguette / Crispbread	Sourdough rye bread / Sourdough wheat bread / Wholegrain bread / Gluten-free bread / Baguette
PASTA STATION	Italian durum-wheat pasta 150 g Italian tomato sauce 100 g	Italian durum-wheat pasta 150 g Cream sauce 100 g	Italian durum-wheat pasta 150 g Arrabbiata sauce 100 g	Italian durum-wheat pasta 150 g Cheese sauce 100 g	Italian durum-wheat pasta 150 g Tomato and basil sauce 100 g
SNACK	Apple charlotte 60 g	Beef samsa 60 g	Pumpkin and orange cake 60 g	Cottage cheese and cherry galette 60 g	Courgette and cheese muffins 60 g
PIZZA AND SANDWICH STATION	Margherita pizza 60 g Margherita pizza with tomatoes 60 g	Panini with chicken and cucumber 50 g	New York Margherita pizza 60 g Chicken pizza 60 g	Sandwich roll with cream cheese and salmon Tartare 50 g	Margherita pizza 60 g Pepperoni pizza 60 g

WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Oatmeal with baked pear / Oatmeal made with lactose-free milk 250 g Fried egg / Kabardian-style omelette 60 g Beans in tomato sauce 50 g Bagel with turkey and fresh vegetables 80 g Homemade yoghurt / Cherry yoghurt 1 pc. Seasonal fruits 100 g Rosehip tea 200 g	Barley porridge / Barley porridge made with lactose-free milk 250 g Frittata / Boiled egg 60 g Lentils in Italian sauce 50 g Curd pancakes with yoghurt and berry sauce 60 g Enthusiast sandwich on yeast-free bread with feta, turkey and cranberries 80 g Seasonal fruits 100 g Fruit and berry tea 200 g	Rice porridge with fresh figs / Rice porridge made with lactose-free milk 250 g Asian scrambled eggs with ponzu sauce / Baked egg 60 g Beans in tomato sauce with sweet pepper 50 g American pancakes with fresh berries and salted caramel 2 pcs. Classic yoghurt / Yoghurt with granola 1 pc. Seasonal fruits 100 g Cocoa 200 g	Millet porridge with prunes Millet porridge made with lactose-free milk 250 g Boiled egg / Omelette 60 g White beans in sweet-and-sour sauce 50 g Sandwich with tamago, tomatoes and iceberg lettuce 80 g Seasonal fruits 100 g Citrus tea 200 g	Wheat porridge with fresh berries Wheat porridge made with lactose-free milk 250 g Kuku omelette / Turkish-style egg 60 g Lentils in tomato and basil sauce 50 g Parma curd pudding 60 g Wrap with vegetables and crispy chicken in Asian sauce 80 g Seasonal fruits 100 g Tea with milk 200 g
SALAD BAR	Salad bar: 14 varieties of fresh, healthy vegetables, herbs and green salad leaves Healthy dressings / Sauces Seasonal fruits	Salad bar: 14 varieties of fresh, healthy vegetables, herbs and green salad leaves Healthy dressings / Sauces Seasonal fruits	Salad bar: 14 varieties of fresh, healthy vegetables, herbs and leaves green salad Healthy dressings / Sauces Seasonal fruits	Salad bar: 14 varieties of fresh, healthy vegetables, herbs and leaves green salad Healthy dressings / Sauces Seasonal fruits	Salad bar: 14 varieties of fresh, healthy vegetables, herbs and green salad leaves Healthy dressings / Sauces Seasonal fruits
SOUPS	Broccoli cream soup 250 g Homemade noodle soup 250 g	Pea cream soup 250 g Soup with dumplings 250 g	Vegetable cream soup 250 g Turkey broth with croutons 250 g	Courgette cream soup 250 g Cheese soup 250 g	Creamy cheese soup 250 g Borscht made with roasted vegetables 250 g
SIDE DISHES	Cooked rice 180 g Grilled corn with potato halves 180 g	Mediterranean-style vegetables 180 g Buckwheat 180 g	Cooked rice 180 g Vegetables with sesame 180 g	Buckwheat 180 g Mashed potatoes 180 g	Hawaiian assortment 180 g Braised cabbage 180 g
HOT DISHES	Baked chicken nuggets 80 g Beef with leek and tomatoes 100 g	Guiru lagman 250 g Sous-vide turkey with velouté sauce 80 g	Beef khashlama with potatoes 250 g Chicken quesadilla 80 g	Pike-perch quenelles 80 g Beshbarmak 250 g	Potato dumplings 250 g Provençal-style baked chicken 120 g

DRINKS AND DESSERTS	Hibiscus drink 200 g (Unsweetened)	Coconut panna cotta with yoghurt 60 g Strawberry compote 200 g (Unsweetened)	Apple and pear compote 200 g (Unsweetened)	Berry trifle with oat sponge 60 g Apricot compote 200 g (Unsweetened)	Cherry compote 200 g (Unsweetened)
VEGETARIAN DISHES / DIET MENU DIET MENU	Carrot and courgette waffles 250 g Rice balls with coconut-mint sauce 250 g Steamed steak 80 g	Green beans with sesame 250 g Broccoli and cauliflower bake with cheese 250 g Steamed turkey 80 g Bowl station	Falafel 250 g Courgette boats stuffed with vegetables 250 g Beef patties 80 g	Aubergine Parmigiana 250 g Vegetarian lasagna 250 g Steamed pike-perch 80 g Onigiri / Kimbap	Onion tart 250 g Tofu with vegetables 250 g Chicken patties 80 g
BREAD TABLE	Sourdough rye bread / Sourdough wheat bread / Wholegrain bread / Gluten-free bread / Baguette	Sourdough rye bread / Sourdough wheat bread / Wholegrain bread / Gluten-free bread / Baguette / Crispbread	Sourdough rye bread / Sourdough wheat bread / Wholegrain bread / Gluten-free bread / Baguette	Sourdough rye bread / Sourdough wheat bread / Wholegrain bread / Gluten-free bread / Baguette / Crispbread	Sourdough rye bread / Sourdough wheat bread / Wholegrain bread / Gluten-free bread / Baguette
PASTA STATION	Italian durum- wheat pasta 150 g Italian tomato sauce 100 g	Italian durum- wheat pasta 150 g Béchamel sauce 100 g	Italian durum- wheat pasta 150 g Mushroom sauce 100 g	Italian durum-wheat pasta 150 g Tomato and basil sauce 100 g	Italian durum- wheat pasta 150 g Cream sauce 100 g
AFTERNOON SNACK	Cottage cheese biscuits 60 g	Adjarian khachapuri 60 g	Beef elesh 60 g	Protein banana cake 60 g	Cherry croissant 60 g
PIZZA AND SANDWICH STATION	Margherita pizza 60 g Margherita pizza with tomatoes 60 g	Crispy chicken sandwich roll with sweet chilli sauce 50 g	New York Margherita pizza 60 g Chicken pizza 60 g	Tofu sandwich with chimichurri sauce 50 g	Margherita pizza 60 g Pepperoni pizza 60 g