



School Menu for 2025-26

1 WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Oatmeal porridge with curd cheese mousse and figs/ Oatmeal porridge with lactose-free milk 250g. Turkish-style scrambled eggs 60g. Bagel with sesame seeds and classic yogurt 80g. Seasonal fruits 100g. Tashkent tea 250g.	Rice porridge with raspberries / Rice porridge with lactose-free milk 250g. Cheesecakes curd with chia ricotta 60g. "New York" sandwich 80g. Seasonal fruits 100g. Tea with milk 250g.	Corn porridge with "Nectarines"/ Corn porridge with lactose-free milk 250g. "Ajitama" eggs 60g. Homemade pancakes with sour cream 2 pcs. Seasonal fruit 100g. Cocoa 200g.	Wheat porridge with candied fruits Wheat porridge with lactose-free milk 250g. Scramble on Borodino bread with truffle mousse 80g. Curd casserole with cherry topping 60g. Seasonal fruit 100g. Citrus tea 200g.	Millet porridge with fresh currants/Millet porridge with lactose-free milk 250g. Matcha-chia with jerusalem artichoke syrup and fresh berries 60g Katsu-sandwich 80g. Seasonal fruit 100g. Camomile tea 200 g.
SALAD BAR	14 types of fresh and healthy vegetables, greens, lettuce leaves Heathy dressings / Sauces Seasonal fruits	14 types of fresh and healthy vegetables, greens, lettuce leaves Heathy dressings/Sauces Seasonal fruits	14 types of fresh and healthy vegetables, greens, lettuce leaves Heathy dressings/Sauces Seasonal fruits	14 types of fresh and healthy vegetables, greens, lettuce leaves Heathy dressings/Sauces Seasonal fruits	14 types of fresh and healthy vegetables, greens, lettuce leaves Heathy dressings/Sauces Seasonal fruit
SOUPS	"Bella Italy" cream soup with croutons 250 g. Homemade noodle soup 250g.	Cream soup of zucchini 250g. Borscht with sour cream 250g.	"Turkish Lentil" cream soup with lemon and mint 250g. Shoyu ramen with chicken 250g.	Cream soup of baked eggplant and tahini 250g. Pike perch and salmon soup 250g.	Pumpkin cream soup with parmesan mousse 250g. Kharcho with Tkemali sauce 250g.
SIDE DISHES	Assorted seasonal vegetables 180g. Potato wedges 180g.	Boiled rice 180g. Pesto-stew of vegetables 180g.	Boiled buckwheat 180g. Vegetable ratatouille 180g.	Boiled rice 180g. Mashed potatoes 180g.	Bulgur boiled 180g. Grilled vegetables 180g.
HOT MEAL	Horse meat pilaf with chickpeas 250g. Milanese-style chicken steak 80g.	Turkey in creamy lemon curry 100g. Veal and pumpkin manti 250g.	Khortsiani with horse meat 250g. Beef kebab with pita bread, tomato sauce and pickled onion 80g.	Baked salmon 80g. Chicken and broccoli lasagna 250g.	Baked chicken in Asian sesame sauce 120g. Dumplings with potatoes 250g.
DRINKS DESSERTS	Brownie 50g. Hibiscus tea 200g.	"Napoleon" cake with fresh berries 50g. Apple compote 200g.	Eclairs with strawberry mousse 50g. Plum compote 200g.	"Pavlova" dessert 50g. Apricot compote 200g.	Chocolate sausage 50g. Cherry compote 200g.

VEGETARIAN	Potato pancakes 250g. Beetroot hummus with fried cheese 250g. Steamed chicken steaks 80g. Steamed vegetables 180g.	Greek pumpkin with feta 250g. "Noodles-Ramen" with vegetables and Hogo sauce 250g. Steamed turkey 80g. Boiled rice 180g.	Irish Chump from eggplant with garlic croutons 250g. Tom-yam of 3 beans with soy cheese 250g. Steamed beef patties 80g. Buckwheat poached 180gr.	Juicy-carrot meatballs with spinach 250g. Cauliflower with sesame paste and pineapple 250g. Steamed pike perch 80g. Rice poached 180gr.	Fried bean starch with vegetables 250g. Rice balls with coconut-mint sauce 250g. Steamed chicken 120g. Bulgur boiled 180gr.
BREAD	Sourdough rye bread/sourdough wheat bread, whole grain bread / Gluten-free bread/ Baguette	Sourdough rye bread/sourdough wheat bread, whole grain bread / Gluten-free bread/ Baguette/ Crispbread	Sourdough rye bread/sourdough wheat bread, whole grain bread / Gluten-free bread/ Baguette	Sourdough rye bread/sourdough wheat bread, whole grain bread / Gluten-free bread/ Baguette/ Crispbread	Sourdough rye bread/sourdough wheat bread, whole grain bread / Gluten-free bread/ Baguette
PASTA	Italian durum wheat pasta 150g. Italian tomato sauce 100g.	Italian durum wheat pasta 150g. Bechamel sauce 100g.	Italian durum wheat pasta 150g. Arabiata sauce 100g.	Italian durum wheat pasta 150g. Cream cheese sauce 100g.	Italian durum wheat pasta 150g. Italian tomato sauce 100g.
SNACK	Cinnamon rolls 60g.	Imereti-style khachapuri 60g.	American apple pie with cinnamon 60g.	Vegetable cake 60g.	Burek with potatoes (sand-yeast) 60g.
SANDWICH	Club sandwich with chicken and BBQ sauce 50g. VEG-tartine ratatouille with pepperoni and grilled zucchini 50g.		Tartine with pickled chicken and cream cheese 50g. Sandwich Caprese 50g.		Sandwich with ham and cheese 50g. VEG-sandwich with ripe tomatoes and avocado 50g.
PIZZA	Pizza Margherita 60g. Pizza "Margherita" with tomatoes 60g.	Kumpir with add. ingredients and sauces 150g.	Pizza New York 60g. Pizza with chicken 60g.	Kumpir with add. ingredients and sauces 150g.	Pizza Margherita 60g. Pizza Pepperoni 60g.

2 WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Barley porridge with grapes / Barley porridge with lactose-free milk 250g. Scramble with spinach 60g. Ruben sandwich with Pastrami turkey, cheese and pickled cucumber 80g. Seasonal fruit 100g. Tea with lemon 200g.	"3 cereals" porridge with fresh plum/ "3 cereals" porridge with lactose-free milk 250g. Cheesecakes with pumpkin and blueberry mousse 60g. Vanilla croissant 80g. Seasonal fruit 100g. Tea with milk 200g.	Rice porridge with strawberry topping / Rice porridge with coconut milk 250g. American pancakes with maple syrup and whipped cream 2 pcs. Scrambled eggs with homemade "Pesto"60g. Seasonal fruit 100g. Cocoa 200g.	Millet porridge with prunes/ Millet porridge with lactose-free milk 250g. "Canoe" with egg 60g. Homemade yogurt / "Sharman" yogurt 1 pc. Seasonal fruit 100g. Citrus tea 200g.	Oatmeal porridge with granola Oatmeal porridge with lactose-free milk 250g. Curd souffle with raspberry jam 60g. Khichiny with potatoes and cheese 80g. Seasonal fruit 100g. Tashkent tea 200 gr.
SALAD BAR	14 types of fresh and healthy vegetables, greens, lettuce leaves Heathy dressings / Sauces Seasonal fruits	14 types of fresh and healthy vegetables, greens, lettuce leaves Heathy dressings / Sauces Seasonal fruits	14 types of fresh and healthy vegetables, greens, lettuce leaves Heathy dressings / Sauces Seasonal fruits	14 types of fresh and healthy vegetables, greens, lettuce leaves Heathy dressings / Sauces Seasonal fruits	14 types of fresh and healthy vegetables, greens, lettuce leaves Heathy dressings / Sauces Seasonal fruits
SOUPS	Pea cream soup 250g. Italian noodle soup 250g.	Corn cream soup with garlic croutons 250g. "Tom-kha" with chicken 250g.	Tomato cream soup 250g. Beetroot soup with sour cream 250g.	Cauliflower cream soup 250g. Soup with pike perch and dumplings 250g.	Mushroom cream soup 250g. Spinach soup with beans and chicken 250g.
SIDE DISHES	Baby-potato with grilled corn 180g. Boiled rice 180g.	Gratin of zucchini, tomatoes and eggplant, with Italian sauce 180g. Bulgur boiled 180gr.	Country-style potatoes 180g. Poached buckwheat 180gr.	Vegetables with Provence herbs 180g. "Shakhrie" rice 180g.	Boiled buckwheat 180g. Mashed potatoes 180g.
HOT MEAL	Turkey in pomegranate sauce with baked apples 100g. Beef dumplings 250g.	Moroccan chicken skewers 80g. Beef beefsteak 80g.	Chicken chops in Panko breadcrumbs 80g. Gambian lagman 250gr.	Sweet and sour fish balls 80gr. Kazan kebab from horse meat 250g.	Chicken stir-fry 100g. Khinkali with satsebelli sauce 250g.
DRINKS DESSERTS	Dessert "Snickers" (without nuts) 50g Lemon-mint drink 200g.	Caramel roll 50g Apple compote 200g.	Chocolate cake with dried apricots and prunes 50g. Plum and peach compote 200g.	Count's ruins 50g. Strawberry compote 200g.	Plombir dessert 50g. Apricot compote 200g.

VEGETARIAN	Tsomyan with vegetables and fuch-zhu Red balls with curry sauce 250g. Steamed turkey 80g. Boiled rice 180g.	Grilled tofu with pumpkin and tropical chutney Zucchini pancakes 250g. Steamed steak 80g. Bulgur 180gr.	Spring rolls with vegetables Coconut rice with saffron, pineapple and broccoli 250g. Steamed chicken chops 80g. Steamed vegetables 180g.	Starch noodles with Inoki mushrooms and red pepper Eggplant rolls with sauce and baked tomatoes 250g. Steamed fish balls 80g. Boiled rice 180gr	Risotto from quinoa and baked beetroot Vegetable manti 250g. Steamed chicken steaks 80g. Baked buckwheat 180gr.
BREAD	Sourdough rye bread/sourdough wheat bread, whole grain bread / Gluten-free bread/ Baguette	Sourdough rye bread/sourdough wheat bread, whole grain bread / Gluten-free bread/ Baguette/ Crispbread	Sourdough rye bread/sourdough wheat bread, whole grain bread / Gluten-free bread/ Baguette	Sourdough rye bread/sourdough wheat bread, whole grain bread / Gluten-free bread/ Baguette/ Crispbread	Sourdough rye bread/sourdough wheat bread, whole grain bread / Gluten-free bread/ Baguette
PASTA	Italian durum wheat pasta 150g. Italian tomato sauce 100g.	Italian durum wheat pasta 150g. Bechamel sauce 100g.	Italian durum wheat pasta 150g. Arabiata sauce 100g.	Italian durum wheat pasta 150g. Cream cheese sauce 100g.	Italian durum wheat pasta 150g. Italian tomato sauce 100g.
SNACK	Lemon pie 60g.	Samsa puff pastry with chicken 60g.	Cinnamon roll 60g.	Pide with beef and cheese 60g.	Curd ring 60g.
PIZZA	Pizza Margherita 60g. Pizza "Margherita" with tomatoes 60g.	Kumpir with add. ingredients and sauces 150g.	Pizza New York 60g. Pizza with chicken 60g.	Kumpir with add. ingredients and sauces 150g.	Pizza Margherita 60g. Pizza Pepperoni 60g.
SANDWICH	Sandwich roll with crispy chicken and sweet chili sauce 50g. Sandwich with tofu and chimichuri sauce 50g.		Sandwich with tuna and crispy cucumber 50g. Tapas with mushroom tartare 50g.		Pitta with pastrami, mixed salad and balsamic sauce 50g. Bruschetta with tomatoes, mozzarella and olives 50g.

3 WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Wheat porridge with cranberries / Wheat porridge with lactose-free milk 250g. Fried egg 60g. Caesar sandwich 80g. Seasonal fruit 100g. Tea with lemon 200g.	Corn porridge with dried apricot praline. Corn porridge with lactose-free milk 250g. Cheesecakes with boiled condensed milk and currant mousse 60g. Bagel with ham cheese and homemade butter 80g. Seasonal fruit 100g. Fruit tea 200g.	Rice porridge with mango / Rice porridge with lactose-free milk 250g. Curry beans with egg 60g. Baked toast / curd cheese -1 piece Seasonal fruit 100g. Cocoa 200g.	Oatmeal porridge with caramel pear / oatmeal porridge with lactose-free milk 250g. Mini pancakes with caramel, cream and jam 80g. Chocolate curd casserole 60g. Seasonal fruit 100g. Tashkent tea 200g.	"5 cereals" porridge with peach slices/ "5 cereals" porridge with lactose-free milk 250g. Frittata in molds 60g. Vegan burrito 80g. Seasonal fruit 100g. Tea with milk 200g.
SALAD BAR	14 types of fresh and healthy vegetables, greens, lettuce leaves Heathy dressings / Sauces Seasonal fruits	14 types of fresh and healthy vegetables, greens, lettuce leaves Heathy dressings / Sauces Seasonal fruits	14 types of fresh and healthy vegetables, greens, lettuce leaves Heathy dressings / Sauces Seasonal fruits	14 types of fresh and healthy vegetables, greens, lettuce leaves Heathy dressings / Sauces Seasonal fruits	14 types of fresh and healthy vegetables, greens, lettuce leaves Heathy dressings / Sauces Seasonal fruits
SOUPS	Beetroot cream soup with horsemeat 250g. Miso soup 250g.	Cream soup with red lentils 250g. Soup with dumplings 250g.	Cream soup with zucchini and eggplant 250g. Chinese soup with tofu 250g.	Pumpkin cream soup with flax seeds 250g. Beef broth with baked boursaks 250g.	Vegetable cream soup 250g. Beef soup with asparagus 250g.
SIDE DISHES	Homemade potato 180g. Boiled buckwheat 180g.	Vegetable casserole 180g. Rice with corn 180g.	Boiled buckwheat 180g. Mashed potatoes 180g.	Vegetable ratatouille 180g. Bulgur boiled with ghee butter 180g.	Grilled vegetables Boiled rice 150g.
HOT MEAL	Chicken fingers 80g. Udon noodles with beef and broccoli 250g.	Hoshany with beef and pumpkin 250g. Chicken in Asian sauce 100g.	Baked chicken 120g. Horsemeat Beef Stroganoff 100g.	Casserole of salmon and potatoes 250g. Kiev cutlets 80g.	Dumplings with potatoes 250g. Horse meat with eggplant in a sauce of ripe tomatoes 100g.
DRINKS DESSERTS	Chocolate-banana dessert 50g. Hibiscus tea 200g.	Oatmeal cookies 50g. Cherry compote 200g	Apricot pie 50g. Plum compote 200g.	Dessert "Prague" 50g. Apple compote 200g.	Orange cheesecake 50g. Compote of pears and peaches 200g.

VEGETARIAN	Hummus of spinach with stewed beets Moroccan taktuka with soy cheese 250g Steamed chicken steak 80g. Poached buckwheat 180gr.	Fried bananas with eggplant and Sriracha sauce "Bao" mini bun in garlic and tomato sauce 250g. Boiled chicken 80g. Boiled rice 180g.	Thai rolls with Tom Kha sauce Fried rice with beans and red butter 250g. Steamed meat balls 80g. Steamed vegetables 180g.	Carrot patties "Pad-tai" with soba and broccoli 250g. Steamed fish cutlets 80g. Bulgur boiled 180gr.	Chinese-style vegetables Potato croquets 250g. Chicken rolls 80g. Steamed rice
BREAD	Sourdough rye bread/sourdough wheat bread, whole grain bread / Gluten-free bread/ Baguette	Sourdough rye bread/sourdough wheat bread, whole grain bread / Gluten-free bread/ Baguette/ Crispbread	Sourdough rye bread/sourdough wheat bread, whole grain bread / Gluten-free bread/ Baguette	Sourdough rye bread/sourdough wheat bread, whole grain bread / Gluten-free bread/ Baguette/ Crispbread	Sourdough rye bread/sourdough wheat bread, whole grain bread / Gluten-free bread/ Baguette
PASTA	Italian durum wheat pasta 150g. Italian tomato sauce 100g.	Italian durum wheat pasta 150g. Bechamel sauce 100g.	Italian durum wheat pasta 150g. Arabiata sauce 100g.	Italian durum wheat pasta 150g. Cream cheese sauce 100g.	Italian durum wheat pasta 150g. Italian tomato sauce 100g.
SNACK	Burek with apple 60g.	Samsa with beef 60g.	Plum pie 60g.	Bagel with cheese 60 g.	Chocolate muffin 60 g.
SANDWICH	Sandwich with chicken and BBQ sauce 50g. VEG-sandwich with hummus and grilled vegetables 50g.		Panini with chicken and cucumbers 50g. Bruschetta "Caprese" 50g.		Roll sandwich with cottage cheese and salmon Tar-Tar 50g. VEG-sandwich with eggplant Curry 50g.
PIZZA	Pizza Margherita 60g. Pizza "Margherita" with tomatoes 60g.	Kumpir with add. ingredients and sauces 150g.	Pizza New York 60g. Pizza wih chicken 60g.	Kumpir with add. ingredients and sauces 150g.	Pizza Margherita 60g. Pizza Pepperoni 60g.