






























LUNCH MENU 1

Krylatskoe Upper Campus



























Served week: 22thJan-26thJan/12thFeb-16thFeb/11thMar-15thMar ☒

<p>Lunches at ISM are cooked and served onsite by professional catering provider MultiCatering.</p> <p>The ISM lunch menu is different every week and runs on a three week rotation.</p> <div><div></div><div>New dish</div></div> <div><div></div><div>Gluten Free</div></div> <p>Vegetarian options available daily.</p> <p>We follow a no nuts policy.</p>			MONDAY	Soup	Beef Soup “Shurpa” / Vegetable soup		
		Main Course		(Beef) Bolognese sauce			
		Vegeterian Option		Seasonal vegetables with sauce			
		Salad Bar		Cabbage, carrot, apple, cucumber, daikon, cheese			
		Garnish		Quinoa, Buckwheat			
			Pasta + sauce				
			Pumpkin with paprika				
		Fruits	Seasonal fruits				
TUESDAY	Soup	Gazpacho soup (+bread croutons)		WEDNESDAY	Soup	Beef soup with chickpeas	
		Vegetarian soup				Vegetarian soup	
	Main Course	fish cutlets (with spinach dip) (+ options)			Main Course	Teriyaki chicken	
	Vegeterian Option	Carrot / Cabbage balls with sour cream / tomatoes and onion sauce			Vegeterian Option	Eggplant in lavash with cheese	
	Salad Bar	Baked tomatoes and zucchini, red onion, sweet peper cucumber, feta cheese			Salad Bar	Boiled eggs, cherry tomatoes, Chinese salad, bread croutons, chicken fillet, Gouda cheese	
	Garnish	Rice			Garnish	Brown rice	
		Mashed potatoes				Pesto pasta	
		Couscous with feta cheese & paprika			Carrot-potato puree		
		Green beans				Corn	
		Fruits	Seasonal fruits		Fruits	Seasonal fruits	
THURSDAY	Soup	PHO soup with beef		FRIDAY	Soup	Carrot cream soup	
						Vegetarian soup	
	Main Course	Lula chicken kebab			Main Course	Pilaf with beef	
	Vegeterian Option	Pancakes with spinach and feta cheese			Vegeterian Option	Vegetarian moussaka	
	Salad Bar	Tomatoes, mozzarella, red onion cucumber, olives, sweet pepper			Salad Bar	Sweet pepper, beans, olives, boiled beets, Gouda cheese, prunes garlic croutons	
	Garnish	Rice			Garnish	Pasta	
		Buckwheat				Potato wedges	
		Baby carrot				Green beans	
		Lobio					
		Fruits	Seasonal fruits		Special	Desserts	

LUNCH MENU 2

Krylatskoe Upper Campus


































Served week: 09thJan-12thJan/29thJan-02thFeb/26ndFeb - 01thMar/18thMar-22thMar

<p>Lunches at ISM are cooked and served onsite by professional catering provider MultiCatering.</p> <p>The ISM lunch menu is different every week and runs on a three week rotation.</p> <div><div></div><div>New dish</div></div> <div><div></div><div>Gluten Free</div></div> <p>Vegetarian options available daily.</p> <p>We follow a no nuts policy.</p>			MONDAY	Soup	Cheese and corn cream soup			
					Vegetarian soup			
				Main Course	Carbonara (turkey)			
				Vegeterian Option	Curry vegetables			
				Salad Bar	Cabbage, carrot, apple, celery, sweet pepper, cheese, salad dressing garlic croutons			
				Garnish	Macaroni			
					Buckwheat			
			WEDNESDAY		Baked beets			
					Rice			
				Fruits	Seasonal fruits			
				Soup	Gazpacho soup			
					Vegetarian soup			
				Main Course	Meat lasagna			
				Vegeterian Option	Vegetable lasagna			
TUESDAY	Soup	Beef borscht						
		Vegetarian soup						
	Main Course	Turkey meatballs in milk sauce						
	Vegeterian Option	Vegetarian Quesadilla (with potatoes / cheese and spinach / cheese)						
	Salad Bar	Macaroni Farfalle, boiled beef, cherry tomatoes, olives, cucumber, avocado						
	Garnish	Rice						
		Baked potatoes						
THURSDAY		Quinoa						
		Baby carrot						
	Fruits	Seasonal fruits						
				FRIDAY		Green peas		
					Fruits	Seasonal fruits		
					Soup	Creamy pumpkin soup		
						Vegetarian soup		
					Main Course	Chicken in chili sauce		
					Vegeterian Option	Samosa with vegetables + sour / sweet sauce		
					Salad Bar	Tuna, tomato, boiled eggs, beans, Chinese salad, black olives garlic croutons		
				Garnish	Pasta + pesto sauce			
					Buckwheat			
					Mashed potatoes			
					Green beans			
				Special	Dessert			

LUNCH MENU 3

Krylatskoe Upper Campus

Served week: 15thJan - 19thJan / 05thFeb-09thFeb / 04thMar-07thMar/ 25thMar-27thMar/

<p>Lunches at ISM are cooked and served onsite by professional catering provider MultiCatering.</p> <p>The ISM lunch menu is different every week and runs on a three week rotation.</p> <div><div></div><div>New dish</div></div> <div><div></div><div>Gluten Free</div></div> <p>Vegetarian options available daily.</p> <p>We follow a no nuts policy.</p>			MONDAY	Soup	Tomato soup		
							
				Main Course	Chicken cutlets (+ option)		
				Vegeterian Option	Pasta Napoli		
				Salad Bar	Apples, tomatoes, cucumbers, carrots, celery, sour cream sauce, white cabbage, garlic croutons		
				Garnish	Brown rice		
			TUESDAY		Mashed potatoes		
					Naan bread		
					Green beans		
				Fruits	Seasonal fruits		
				Soup	Chicken rice noodle soup		
					Vegetarian soup		
				Main Course	Turkey Nuggets		
				Vegeterian Option	Quesadilla VeGA (tortilla, tomatoes, beans, corn, cheese, tomato sauce)		
				Salad Bar	Boiled eggs, crispy croutons, cherry tomatoes, Gouda cheese, cucumber, sweet pepper		
				Garnish	Couscous with carrots + sweet pepper		
					Rice		
					Baked potato		
					Baked parsnip with carrots		
				Fruits	Seasonal fruits		
			WEDNESDAY	Soup	Vegetarian soup		
				Main Course	Baked chicken with carrots		
				Vegeterian Option	Patatapitta vegetarian		
				Salad Bar	Roasted beets, Feta cheese, apple cubes, red onions, prunes, grated carrots		
				Garnish	Buckwheat with onions and carrots		
					Pasta + Salsa		
					Rice		
					Ratatouille		
				Fruits	Seasonal fruits		
			THURSDAY	Soup	Bean and meat soup		
					Vegetarian soup		
				Main Course	Beef meatballs with rice		
				Vegeterian Option	Vegetarian burrito		
				Salad Bar	Boiled potatoes, canned peas, cucumber, red onion, ham, turkey, boiled egg		
				Garnish	Rice		
					Mashed potatoes with spinach		
					Buckwheat		
					Corn		
				Fruits	Seasonal fruits		
			FRIDAY	Soup	Carrot cream soup		
				Main Course	Chicken tikka masala in curry sauce		
				Vegeterian Option	Spicy potato curry		
				Salad Bar	Tomatoes, cucumber, pepper, olives, feta cheese, Seaweed salad, Gouda cheese		
				Garnish	Pasta		
					Pearl barley		
					Rice		
					Baked vegetables		
				Special	Dessert		