


































# LUNCH MENU 1

## Krylatskoe Lower Campus

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

<div>Lunches at ISM are cooked and served onsite by professional catering provider MultiCatering.</div> <div>The ISM lunch menu is different every week and runs on a three week rotation.</div> <div><div> </div><div>New dish Gluten Free</div></div> <div>Vegetarian options available daily. We follow a no nuts policy.</div>			
MONDAY	Soup	Gazpacho soup	
	Main Course	(Beef) Bolognese sauce	
	Vegeterian Option	Vegetable cutlets with sour cream Mexican salsa	
	Salad Bar	Tomatoes, cucumber, carrots, celery, egg	
	Garnish	Rice	
		Pasta + sauce	
		Baked potato	
TUESDAY		Pumpkin with paprika	
	Fruits	Seasonal fruits	
	Soup	Creamy pumpkin soup	
		Vegetarian soup	
	Main Course	Fish cutlets	
	Vegeterian Option	Carrot balls Cabbage balls	 
	Salad Bar	Tomato, carrot, cucumber, bell pepper, egg	
WEDNESDAY	Garnish	Rice	
		Mashed potatoes	
		Buckwheat	
		Green beans	
	Fruits	Seasonal fruits	
	Soup	Beef soup with chickpeas	
		Vegetarian soup	
THURSDAY	Main Course	Chicken in barbecue sauce	
	Vegeterian Option	Khachapuri vegetarian (puff pastry with cottage, cheese, herbs)	
	Salad Bar	Tomatoes, cucumber, carrots, celery, egg	
	Garnish	Potato puree	
		Rice	
		Pesto pasta	
		Corn	
FRIDAY	Fruits	Seasonal fruits	
	Soup	Carrot cream soup	
		Vegetarian soup	
	Main Course	Turkey Nuggets	
	Vegeterian Option	Vegetarian moussaka	 
	Salad Bar	Tomatoes, cucumber, carrots, chees, egg	
	Garnish	Pasta	
		Rice	
		Potato wedges	
	Special Beverages	Desserts	



THE INTERNATIONAL SCHOOL  
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# LUNCH MENU 2

Krylatskoe Lower Campus

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

Lunches at ISM are cooked and served onsite by professional catering provider MultiCatering.

The ISM lunch menu is different every week and runs on a three week rotation.

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New dish

GF

Gluten Free

Vegetarian options available daily.  
We follow a no nuts policy.

TUESDAY	Soup	Carrot cream soup	GF
		Vegetarian soup	GF
	Main Course	Turkey meatballs (+ GF option)	GF
	Vegeterian Option	Cheese scones (with potatoes / cheese and spinach / cheese)	
	Salad Bar	Tomato, carrot, cucumber, bell pepper, egg	GF
	Garnish	Rice	GF
		Baked potatoes	GF
		Buckwheat	GF
		Baby carrot	GF
	Fruits	Seasonal fruits	

THURSDAY	Soup	Chicken noodle soup	GF
		Vegetarian soup	GF
	Main Course	Baked salmon	GF
	Vegeterian Option	Spinach and Carrot Quiche	
	Salad Bar	Tomato, carrot, cucumber, bell pepper, egg	GF
	Garnish	Rice	GF
		Baked potatoes with paprika	GF
		Buckwheat	GF
		Corn on the cob	GF
	Fruits	Seasonal fruits	GF

MONDAY	Soup	Cheese and corn cream soup	GF
		Vegetarian soup	GF
	Main Course	Chicken in barbecue sauce	GF
	Vegeterian Option	Omelet (tomatoes/ parsley, etc.)	GF ★
	Salad Bar	Tomatoes, cucumber, carrots, celery, egg	GF
	Garnish	Macaroni	
		Buckwheat	GF
		Rice	GF
		Corn	GF
	Fruits	Seasonal fruits	GF

WEDNESDAY	Soup	Gazpacho soup	GF
		Vegetarian soup	GF
	Main Course	Meat lasagna	
	Vegeterian Option	Vegetable lasagna	
	Salad Bar	Tomatoes, cucumber, carrots, celery, egg, cheese	GF
	Garnish	Buckwheat	GF
		Rice	GF
		Green peas	GF
	Fruits	Seasonal fruits	GF

FRIDAY	Soup	Creamy pumpkin soup	GF
		Vegetarian soup	GF
	Main Course	Turkey Nuggets	GF
	Vegeterian Option	Vegetarian Quesadilla	GF
	Salad Bar	Tomatoes, cucumber, carrots, celery, egg	GF
	Garnish	Pasta	
		Buckwheat	GF
		Mashed potatoes	GF
		Green beans	GF
	Special Beverages	Dessert	










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# LUNCH MENU 3






## Krylatskoe Lower 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. We follow a no nuts policy.</p>			

MONDAY	Soup	Carrot cream soup	
		Vegetarian soup	
	Main Course	Chicken cutlets (+ option)	
	Vegeterian Option	Pasta Napoli	
	Salad Bar	Tomatoes, cucumber, carrots, celery, egg	
	Garnish	Rice	
		Mashed potatoes	
		Buckwheat	
		Green beans	
Fruits	Seasonal fruits		

TUESDAY	Soup	Chicken rice noodle soup	
		Vegetarian soup	
	Main Course	Cod in breadcrumbs	
	Vegeterian Option	Quesadilla VeGA (tortilla, tomatoes, beans, corn, cheese, tomato sauce)	
	Salad Bar	Tomato, carrot, cucumber, bell pepper, egg	
	Garnish	Pasta	
		Rice	
		Baked potato	
		Baked parsnip with carrots	
Fruits	Seasonal fruits		
Beverages			

WEDNESDAY	Soup	Vegetarian soup	
	Main Course	Chicken with BBQ sauce	
	Vegeterian Option	Eggplants with cheese in pita bread	
	Salad Bar	Tomatoes, cucumber, carrots, celery, egg, cheese	
	Garnish	Buckwheat	
		Pasta	
		Rice	
		Ratatouille	
Fruits	Seasonal fruits		
Beverages			

THURSDAY	Soup	Gaspacho	
		Vegetarian soup	
	Main Course	Turkey Nuggets	
	Vegeterian Option	Vegetarian burrito	
	Salad Bar	Tomato, carrot, cucumber, bell pepper, egg	
	Garnish	Rice	
		Mashed potatoes	
		Buckwheat	
		Corn	
Fruits	Seasonal fruits		

FRIDAY	Soup	Borsch with beef	
		Vegetarian borscht	
	Main Course	Tomato-turkey stew with carrots	
	Vegeterian Option	Spicy potato curry	
	Salad Bar	Cucumber, carrots, celery, egg, cheese	
	Garnish	Pasta	
		Rice	
		Baked vegetables	
Special Beverages	Dessert		