





# LUNCH MENU 1

## Krylatskoe Lower Campus








Served week: 20thAug-23thAug/09thSep-13thSep/30thSep-04thOct /21thOct-25thOct










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.









 New dish  
 Gluten Free

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

<b>MONDAY</b>	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 Pumpkin with paprika	   
	Fruits	Seasonal fruits	

<b>TUESDAY</b>	Soup	Creamy pumpkin soup	
		Vegetarian soup	
	Main Course	Fish cutlets	
	Vegeterian Option	Carrot balls Cabbage balls	 
	Salad Bar	Tomato, carrot, cucumber, bell pepper, egg	
	Garnish	Rice Mashed potatoes Buckwheat Green beans	   
	Fruits	Seasonal fruits	

<b>WEDNESDAY</b>	Soup	Beef soup with chickpeas	
		Vegetarian soup	
	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	   
	Fruits	Seasonal fruits	

<b>THURSDAY</b>	Soup	Chicken noodle soup	
		Vegetarian soup	
	Main Course	Chicken cutlet	
	Vegeterian Option	Pancakes with spinach and feta cheese	
	Salad Bar	Tomato, carrot, cucumber, bell pepper, egg	
	Garnish	Rice Buckwheat Baby carrot Pasta	   
	Fruits	Seasonal fruits	

<b>FRIDAY</b>	Soup	Carrot cream soup	
		Vegetarian soup	
	Main Course	Turkey Nuggets	
	Vegeterian Option	Vegetarian moussaka	 
	Salad Bar	Tomatoes, cucumber, carrots, cheese, egg	
	Garnish	Pasta Rice Potato wedges	  
	Special Beverages	Desserts	



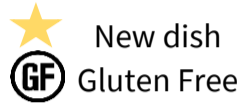
# LUNCH MENU 2

## Krylatskoe Lower Campus

Served week: 26thAug-30thAug/16thAug-20thSep/07Oct-11thOct/28thOct-01thNov

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

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### MONDAY

Soup	Cheese and corn cream soup	GF
	Vegetarian soup	GF
Main Course	Chicken in barbecue sauce	GF
	Vegetarian Option	GF ★
Salad Bar	Tomatoes, cucumber, carrots, celery, egg	GF
Garnish	Macaroni	
	Buckwheat	GF
	Rice	GF
	Corn	GF
Fruits	Seasonal fruits	GF

### TUESDAY

Soup	Carrot cream soup	GF
	Vegetarian soup	GF
Main Course	Turkey meatballs (+ GF option)	GF
	Vegetarian Option	GF
Salad Bar	Tomato, carrot, cucumber, bell pepper, egg	GF
Garnish	Rice	GF
	Baked potatoes	GF
	Buckwheat	GF
	Baby carrot	GF
Fruits	Seasonal fruits	

### WEDNESDAY

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

### THURSDAY

Soup	Chicken noodle soup	GF
	Vegetarian soup	GF
Main Course	Baked salmon	GF
	Vegetarian Option	GF
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

### FRIDAY

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





# LUNCH MENU 3

## Krylatskoe Lower Campus






Served week: 02thSep-06thSep /23thSep-27thSept/14thOct-18thOct/04thNov-08thNov









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 New dish  
 Gluten Free








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<b>MONDAY</b>	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		

<b>TUESDAY</b>	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			

<b>WEDNESDAY</b>	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			

<b>THURSDAY</b>	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		

<b>FRIDAY</b>	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		