



# LUNCHEON MENU 1

## Rosinka Campus

Served week: 21st-25th Aug / 11th -15th Sept / 02nd - 6th Oct / 30th Oct-3rd Nov / 20th-24th Nov

11th-15th Dec 2023 / 22th-26th Jan 2024

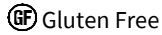
12th - 16th Feb / 11th - 15 Mar / 08th -12th Apr / 13th-17th May / 3rd-7th June / 24-28th June

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

Pasta (GF) is offered as a choice  
Vegetarian options available daily.  
We follow a no nuts policy.

### MONDAY

Soup	Chicken rice noodle soup	(GF)
Main Course	Chicken tikka massala	(GF) ★
Vegeterian Option	Vegetarian samosa	★
Salad Bar	Cabbage, carrot, cucumber, celery	
Garnish	Quinoa Rice Pumpkin with rosemary	(GF)
Fruits	Fruits	

### TUESDAY

Soup	Fish soup with potatoes	(GF) ★
Main Course	Chicken in teriyaki sauce	(GF)
Vegeterian Option	Pumpkin pancakes	★
Salad Bar	Tomatoes, red onion, bell pepper, feta, cucumber	
Garnish	Couscous with feta and paprika Boiled potatoes Baked vegetables (Zucchini, cherry tomatoes)	(GF)
Fruits	Fruits	

### WEDNESDAY

Soup	Potato soup with meatballs Vegetarian soup	(GF) ★ (GF)
Main Course	Breaded cod	
Vegeterian Option	Fricasse with vegetables	
Salad Bar	Boiled eggs, cherry tomatoes, cucumber, carrot	
Garnish	Pasta pesto Pasta Cauliflower Peas	(GF)
Fruits	Fruits	

### THURSDAY

Soup	Cabbage soup	(GF)
Main Course	Shepherd's Pie	(GF)
Vegeterian Option	Hashbrown (Potato pancakes)	(GF)
Salad Bar	Tomatoes, red onion, beans, bell pepper, pesto sauce	
Garnish	Rice Buckwheat Baby carrot	(GF) (GF)
Fruits	Fruits	

### FRIDAY

Soup	Bean tomato soup	(GF)
Main Course	Chilli con carne	(GF)
Vegeterian Option	Potato curry	(GF)
Salad Bar	Bell pepper, cucumbers, boiled beetroot, Gouda cheese, dried plum	
Garnish	Rice Nachos Seasonal vegetables (baked)	(GF)
Special	Dessert + fruit	



# LUNCHEON MENU 2

## Rosinka Campus

Served week: 28th Aug - 01st Sep / 18th - 22nd Sept / 9th -13th Oct/ 7th - 10th Nov / 27th Nov - 1st Dec 23

9th-12th Jan 2024/ 29th Jan - 2nd Feb / 26th Feb - 1st Mar/

18th - 22nd Mar/ 15th -19th Apr/ 20th-24th May/10th - 14th June

<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> <p>★ New dish Ⓜ Gluten Free</p> <p>Pasta Ⓜ is offered as a choice Vegetarian options available daily. We follow a no nuts policy.</p>	<p><b>MONDAY</b></p> <p>Soup      Chicken noodle soup               Vegetarian soup      Ⓜ ★</p> <p>Main Course      Burger      ★</p> <p>Vegeterian Option      Vegetarian Burger      ★</p> <p>Salad Bar      Iceberg salad, salted cucumber, tomatoes, cheese</p> <p>Garnish      Baked potatoes      Ⓜ                   Grilled vegetables                   Corn</p> <p>Fruits      Fruits</p>
<p><b>TUESDAY</b></p> <p>Soup      Beef borsch      Ⓜ               Vegetarian borsh</p> <p>Main Course      Baked salmon      Ⓜ</p> <p>Vegeterian Option      Spinach and carrot quiche</p> <p>Salad Bar      Cherry tomatoes, cucumber, avocado</p> <p>Garnish      Pasta pesto                   Rice      Ⓜ                   Baked pumpkin with rosemary                   Seasonal vegetables</p> <p>Fruits      Fruits</p>	<p><b>WEDNESDAY</b></p> <p>Soup      Chicken ramen soup      Ⓜ               Vegetarian soup      Ⓜ</p> <p>Main Course      Chicken kebab      Ⓜ</p> <p>Vegeterian Option      Vegetarian burrito</p> <p>Salad Bar      Carrot sticks, cucumber sticks, bell pepper sticks, celery sticks      Ⓜ</p> <p>Garnish      Buckwheat with carrots      Ⓜ                   Rice      Ⓜ                   Green peas                   Baked beetroot (with rosemary)</p> <p>Fruits      Fruits</p>
<p><b>THURSDAY</b></p> <p>Soup      Leningrad pickle soup</p> <p>Main Course      Meatballs with cheese in tomato sauce Ⓜ ★</p> <p>Vegeterian Option      Falafel + tzatziki sause      Ⓜ ★</p> <p>Salad Bar      Bell pepper, carrot, boiled beetroot      Ⓜ</p> <p>Garnish      Quinoa      Ⓜ                   Baked potatoes      Ⓜ                   Seasonal vegetables</p> <p>Fruits      Fruits</p>	<p><b>FRIDAY</b></p> <p>Soup      Gaspacho (+ croutons)      Ⓜ</p> <p>Main      Carbonara sauce with turkey</p> <p>Vegeterian Option      Pita pocket      Ⓜ ★</p> <p>Salad Bar      Tomatoes, boiled eggs, beans, Chinese cabbage</p> <p>Garnish      Pearl barley                   Pasta                   Grilled vegetables (cherry tomatoes, zucchini, carrot, bell pepper)</p> <p>Special      Dessert</p>



# LUNCHEON MENU 3

## Rosinka Campus

Served week: 4th -8th Sept / 25th - 29th Sept / 23rd - 27th Oct / 13th - 17th Nov  
04th -08th Dec 2023

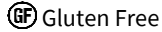
15th - 19th Jan / 5th-9th Feb / 4th-7th Mar/ 25th-27th Mar/ 22nd -26th Apr/ 27th -31st June / 17th - 21 June

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New dish



Gluten Free

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Vegetarian options available daily.

We follow a no nuts policy.

### MONDAY

Soup	Gaspacho (+ croutons)	(GF)
	Vegetarian soup	(GF)
Main Course	Chicken nuggets + (GF) option	
Vegeterian Option	Vegetable quesadilla	★
Salad Bar	Tomatoes, cucumber, carrot, celery, cabbage	(GF)
Garnish	Bulghur with carrot	(GF)
	Rice	(GF)
	Green peas	(GF)
	Baked pumpkin with paprika	(GF)
Fruits	Fruits	(GF)

### TUESDAY

Soup	Soup with spinach and quail egg	
	Vegetarian soup	(GF)
Main Course	Steamed Cod + cream-mustard sauce (separately)	(GF) ★
Vegeterian Option	Vegetarian buritto	
Salad Bar	Boiled eggs, cherry tomatoes, bell pepper, cheese	
Garnish	Couscous with carrot + bell pepper	
	Pesto Pasta	
	Baked carrot (with paprica)	
Fruits	Fruits	

### WEDNESDAY

Soup	Shurpa (with beef)	(GF) ★
	Vegetarian soup	(GF)
Main Course	Meat lasagna (+ (GF) option)	
Vegeterian Option	Vegetable paella	★
Salad Bar	Baked beetroot, feta cheese, red onion, grated carrot, cucumbers	
Garnish	Buckwheat with onion and carrot	(GF)
	Boiled potatoes	(GF)
	Baked beetroot (with rosemary)	
Fruits	Fruits	

### THURSDAY

Soup	Meat soup with beans	(GF)
	Vegetarian soup	(GF)
Main Course	Beef meatballs with rice	(GF)
Vegeterian Option	Khachapuri with suluguni cheese	
Salad Bar	Boiled potatoes, canned peas, red onion, cucumbers	
Garnish	Rice	(GF)
	Baked Potato	(GF)
	Corn	
	Seasonal vegetables	
Fruits	Fruits	

### FRIDAY

Soup	Vegetarian cream soup	(GF)
		(GF)
Main Course	Spring Rolls meat	(GF) ★
Vegeterian Option	Vegetarian Spring Rolls	(GF) ★
Salad Bar	Tomatoes, cucumber, bell pepper, Gouda cheese	
Garnish	Pasta pesto	
	French beans	
	Baked vegetables (zucchini, eggplants, bell peppers, cherry tomatoes)	
Special	Dessert	