



# LUNCHEON MENU 1

## Rosinka Upper Campus

Served week: 22th-26th Aug / 12th -16th Sept/ 03rd - 7th Oct/ 24th-28th Oct/ 14th-18th Nov

05th-09th Dec 2023/ 16th-20th Jan 2024

06th - 10th Feb/ 27th Feb - 03rd Mar/ 20th -24th Mar/ 22nd-26th May/ 13th-16th 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

GF 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 ★
Main Course	Breaded cod	GF
Vegeterian Option	Fricasse with vegetables	
Salad Bar	Boiled eggs, cherry tomatoes, cucumber, carrot	
Garnish	Pasta pesto Pasta Cauliflower	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, cucumber, bell pepper, pesto sauce	

**FRIDAY**

Soup	Bean tomato soup	GF
Main Course	Chilli con carne	GF
Vegeterian Option	Potato curry	GF
Salad Bar	Bell pepper, beans, boiled beetroot, Gouda cheese, dried plum	

Yellow bar	Garnish	Rice	GF
		Buckwheat	
		Baby carrot	
		Peas	
	Fruits	Fruits	

Dark blue bar	Garnish	Rice	GF
		Nachos	
		Seasonal vegetables (baked)	
	Special	Dessert + fruit	



# LUNCHEON MENU 2

## Rosinka Upper Campus

Served week: 29th Aug - 02nd Sep/ 19th - 23th Sept / 10th -14th Oct/31st Oct - 03rd Nov

21st-25th Nov / 21st-25th Nov / 09th -15th Dec 2023/23th-27th Jan 2024/ 13th-17th Feb

06th -10th Mar/ 27th -31st Mar/ 17th -21st Apr/ 10th-12th May/29th May - 02nd June/19th-23rd June

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### MONDAY

Soup	Chicken noodle soup Vegetarian soup	GF	★
Main Course	Burger		★
Vegeterian Option	Vegetarian Burger		★
Salad Bar	Iceberg salad, salted cucumber, tomatoes, cheese		
Garnish	Baked potatoes Grilled vegetables Corn	GF	
Fruits	Fruits		

### TUESDAY

Soup	Beef borsch Vegetarian borsh	GF	
Main Course	Baked salmon	GF	
Vegeterian Option	Spinach and carrot quiche		
Salad Bar	Cherry tomatoes, cucumber, avocado		
Garnish	Pasta pesto Rice Baked pumpkin with rosemary Seasonal vegetables	GF	
Fruits	Fruits		

### WEDNESDAY

Soup	Chicken ramen soup Vegetarian soup	GF	
Main Course	Chicken kebab	GF	
Vegeterian Option	Vegetarian burrito		
Salad Bar	Carrot sticks, cucumber sticks, bell pepper sticks, celery sticks	GF	
Garnish	Buckwheat with carrots Rice Green peas Baked beetroot (with rosemary)	GF	GF
Fruits	Fruits		

### THURSDAY

Soup	Leningrad pickle soup		
Main Course	Meatballs with cheese in tomato sauce	GF	★
Vegeterian Option	Falafel + tzatziki sause	GF	★
Salad Bar	Bell pepper, carrot, boiled beetroot	GF	

### FRIDAY

Soup	Gaspacho (+ croutons)	GF	
Main Course	Carbonara sauce with turkey		
Vegeterian Option	Pita pocket	GF	★
Salad Bar	Tomatoes, boiled eggs, beans, Chinese cabbage		

Garnish	Quinoa	GF GF
	Baked potatoes	
	Seasonal vegetables	
Fruits	Fruits	

Garnish	Pearl barley	
	Pasta	
	Grilled vegetables (cherry tomatoes, zucchini, carrot, bell pepper)	
Special	Dessert	



# LUNCHEON MENU 3

THE INTERNATIONAL SCHOOL  
OF MOSCOW

Rosinka Upper Campus

A NORD ANGLIA EDUCATION SCHOOL Served week: 5th Sept -9th Sept/ 26th - 30th Sept / 7th - 11th Nov/28th Nov-2nd Dec 2023

09th -13th Jan 2024

30th Jan-03 Feb/ 13th-17th Mar / 24th-28th Apr/ 15th-19th May/ 05th -09th June/ 26th -30th June

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MONDAY

Soup	Gaspacho (+ croutons)	GF
	Vegetarian soup	GF
Main Course	Chicken nuggets + GF option	
Vegetarian 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 ★
Vegetarian Option	Vegetarian buritto	
Salad Bar	Boiled eggs, cherry tomatoes, cucumber, carrot	
Garnish	Couscous with carrot + bell pepper	
	Pesto Pasta	
	Baked carrot (with paprika)	
Fruits	Fruits	

WEDNESDAY

Soup	Shurpa (with beef)	★
	Vegetarian soup	GF
Main Course	Meat lasagna (+GF option)	
Vegetarian Option	Vegetable paella	★
Salad Bar	Baked beetroot, feta cheese, red onion, grated carrot	
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
Vegetarian Option	Khachapuri with suluguni cheese	
Salad Bar	Boiled potatoes, canned peas, red onion	

FRIDAY

Soup	Vegetarian cream soup	GF
		GF
Main Course	Spring Rolls meat	GF ★
Vegetarian Option	Vegetarian Spring Rolls	GF ★
Salad Bar	Tomatoes, cucumber, bell pepper, Gouda cheese	

Garnish	Rice	GF GF
	Baked Potato	
	Corn	
	Seasonal vegetables	
	Fruits	

Garnish	Pasta pesto
	French beans
	Baked vegetables (zucchini, eggplants, bell peppers, cherry tomatoes)
Special	Dessert