



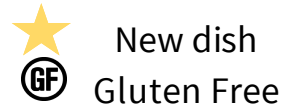
# LUNCH MENU 1

## Rosinka Upper Campus

Served week: 9th - 13th March / 30th March - 3rd April 2020

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.



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

### MONDAY

<i>Soup</i>	Minestrone soup	Ⓞ
<i>Main Course</i>	Turkey au gratin	
<i>Vegetarian Option</i>	Vegetarian burger	Ⓞ
<i>Salad Bar</i>	Cabbage, carrot, apple, cucumber, celery	
<i>Garnish</i>	Quinoa	
	Pasta (+ Ⓞ pasta)	Ⓞ
	Pumpkin with rosemary	Ⓞ
	Broccoli	Ⓞ
<i>Fruits</i>	Fruits	
<i>Beverages</i>	Cranberry compote	

### TUESDAY

<i>Soup</i>	Gazpacho soup (+ bread croutons)	Ⓞ	★
	Vegetarian soup	Ⓞ	
<i>Main Course</i>	Baked salmon (with spinach dip)	Ⓞ	
<i>Vegetarian Option</i>	Carrot and cabbage balls with sour cream / tomatoes and onion sauce	Ⓞ	★
<i>Salad Bar</i>	Baked tomatoes and zucchini, red onion, sweet peper cucumber, feta cheese		
<i>Garnish</i>	Rice	Ⓞ	
	Baked vegetables	Ⓞ	
	Couscous with Feta cheese & paprika	Ⓞ	
	Broccoli	Ⓞ	
<i>Fruits</i>	Fruits	Ⓞ	
<i>Beverages</i>	Cherry compote		

### WEDNESDAY

<i>Soup</i>	Beef soup with chickpeas	Ⓞ
	Vegetarian soup	Ⓞ
<i>Main Course</i>	Teriyaki chicken	Ⓞ
<i>Vegetarian Option</i>	Eggplants with cheese in pita bread	
<i>Salad Bar</i>	Boiled eggs, cherry tomatoes, Chinese salad, bread croutons, chicken fillet, Gouda cheese	
<i>Garnish</i>	Rice	Ⓞ
	Pasta (+ Ⓞ pasta)	Ⓞ
	Cauliflower	
	Corn	Ⓞ
<i>Fruits</i>	Fruits	Ⓞ
<i>Beverages</i>	Cherry compote	

### THURSDAY

<i>Soup</i>	Bean tomato soup	Ⓞ
<i>Main Course</i>	Shepherd's Pie	Ⓞ
<i>Vegetarian Option</i>	Vegetarian stew	Ⓞ
<i>Salad Bar</i>	Tomatoes, mozzarella, olives, red onion, cucumber, sweet pepper	
<i>Garnish</i>	Rice	Ⓞ
	Buckwheat	
	Baby carrot	Ⓞ
	Green pea	Ⓞ
<i>Fruits</i>	Fruits	
<i>Beverages</i>	Currant compote	

### FRIDAY

<i>Soup</i>	Carrot cream soup	Ⓞ
	Vegetarian soup	Ⓞ
<i>Main Course</i>	Bolognese sauce	Ⓞ
<i>Vegetarian Option</i>	Tomatoes stuffed with rice and vegetables	
<i>Salad Bar</i>	Sweet pepper, beans, olives, boiled beets, Gouda cheese, prunes	
<i>Garnish</i>	Pasta (+ Ⓞ pasta)	Ⓞ
	Pearl barley	Ⓞ
	Broccoli	Ⓞ
	Green beans	Ⓞ
<i>Special</i>	Desserts	
<i>Beverages</i>	Milk/Oat milk	



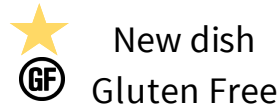
# LUNCH MENU 2

## Rosinka Upper Campus

Served week: 17th - 21st February / 16th - 20th March 2020

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.



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

### MONDAY

<i>Soup</i>	Creamy cheese soup	GF
	Vegetarian soup	GF
<i>Main Course</i>	Hungarian goulash	GF
<i>Vegetarian Option</i>	Vegetable omelette	GF
<i>Salad Bar</i>	Cabbage, carrot, apple, sweet pepper, cheese, salad dressing, celery	
<i>Garnish</i>	Mashed potato	GF
	Buckwheat	GF
	Green pea	GF
	Broccoli	GF
<i>Fruits</i>	Fruits	
<i>Beverages</i>	Cranberry compote	

### TUESDAY

<i>Soup</i>	Beef borsch	GF
	Vegetarian borsch	GF
<i>Main Course</i>	Turkey meatballs with potatoes	GF
<i>Vegetarian Option</i>	Ossetian pie (with potatoes / cheese and spinach )	
<i>Salad Bar</i>	Macaroni farfalle, boiled beef cherry tomatoes, olives, avocado cucumber	
<i>Garnish</i>	Rice	GF
	Pasta (+ GF pasta)	GF
	Green beans	GF
	Baby carrot	GF
<i>Fruits</i>	Fruits	
<i>Beverages</i>	Fruit compote	

### WEDNESDAY

<i>Soup</i>	Gazpacho soup	GF
	Vegetarian soup	GF
<i>Main Course</i>	Chicken	GF
<i>Vegetarian Option</i>	Vegetarian quesadilla	
<i>Salad Bar</i>	Carrot sticks, cucumber sticks	
<i>Garnish</i>	Buckwheat	GF
	Pasta (+ GF pasta)	GF
	Corn	GF
	Green peas	GF
<i>Fruits</i>	Fruits	
<i>Beverages</i>	Cherry compote	

### THURSDAY

<i>Soup</i>	Chicken noodle soup	GF
	Vegetarian soup	GF
<i>Main Course</i>	Baked salmon	GF
<i>Vegetarian Option</i>	Spinach and carrot quiche	GF
<i>Salad Bar</i>	Seaweed, fried beets, bean sprouts, glass noodles, roasted peppers, sesame seeds	
<i>Garnish</i>	Boiled potatoes	GF
	Couscous with paprika and carrots	GF
	Broccoli	GF
	Corn	GF
<i>Fruits</i>	Fruits	GF
<i>Beverages</i>	Cherry compote	

### FRIDAY

<i>Soup</i>	Creamy pumpkin soup	GF
	Vegetarian soup	GF
<i>Main Course</i>	Chicken with plum sauce	GF
<i>Vegetarian Option</i>	Baked potatoes with carrots, onions and zucchini (cheese)	GF
<i>Salad Bar</i>	Tuna, tomato, boiled eggs, beans, Chinese salad, black olives	
<i>Garnish</i>	Pasta (+ GF pasta)	GF
	Mashed potatoes	GF
	Ratatouille	GF
	Green beans	GF
<i>Special</i>	Dessert	
<i>Beverages</i>	Milk/Oat milk	



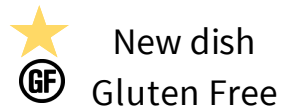
# LUNCH MENU 3

## Rosinka Upper Campus

Served week: 2nd - 6th March / 23rd - 27th March 2020

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.



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

### MONDAY

<i>Soup</i>	Gazpacho	Ⓜ
	Vegetarian soup	Ⓜ
<i>Main Course</i>	Chicken cutlets	Ⓜ
<i>Vegeterian Option</i>	Squash stuffed with vegetables	Ⓜ
<i>Salad Bar</i>	Apples, tomatoes, cucumbers, celery, sour cream sauce, carrots, white cabbage	
<i>Garnish</i>	Rice	Ⓜ
	Mashed potatoes	Ⓜ
	Pumpkin	Ⓜ
	Green pea	Ⓜ
<i>Fruits</i>	Fruits	
<i>Beverages</i>	Cranberry compote	

### TUESDAY

<i>Soup</i>	Chicken rice noodle soup	Ⓜ
	Vegetarian soup	Ⓜ
<i>Main Course</i>	Baked salmon	Ⓜ
<i>Vegeterian Option</i>	Quesadilla VeGA (tortilla, tomatoes, beans, corn, cheese, tomato sauce)	
<i>Salad Bar</i>	Boiled eggs, crispy croutons, cherry tomatoes, Gouda cheese, cucumber, sweet pepper	
<i>Garnish</i>	Couscous with carrots and bell pepper	Ⓜ
	Pasta	Ⓜ
	Green beans	Ⓜ
	Broccoli	Ⓜ
<i>Fruits</i>	Fruits	
<i>Beverages</i>	Fruit compote	

### WEDNESDAY

<i>Soup</i>	Vegetarian soup	Ⓜ
<i>Main Course</i>	Baked chicken with carrots	Ⓜ
<i>Vegeterian Option</i>	Pasta Napolitana	Ⓜ
<i>Salad Bar</i>	Roasted beets, feta cheese apple cubes, red onions, prunes, grated carrots	
<i>Garnish</i>	Buckwheat with onions and carrots	Ⓜ
	Pasta	Ⓜ
	Baby carrot	Ⓜ
	Ratatouille	Ⓜ
<i>Fruits</i>	Fruits	
<i>Beverages</i>	Cherry compote	

### THURSDAY

<i>Soup</i>	Bean and meat soup	Ⓜ
	Vegetarian soup	Ⓜ
<i>Main Course</i>	Beef meatballs with rice	Ⓜ
<i>Vegeterian Option</i>	Vegetarian burrito	Ⓜ
<i>Salad Bar</i>	Boiled potatoes, canned peas, cucumber, red onion, ham, turkey, boiled egg	
<i>Garnish</i>	Rice	Ⓜ
	Mashed potatoes	Ⓜ
	Broccoli	Ⓜ
	Corn	Ⓜ
<i>Fruits</i>	Fruits	
<i>Beverages</i>	Currant compote	

### FRIDAY

<i>Soup</i>	Vegetarian soup	Ⓜ
<i>Main Course</i>	Tomato-turkey stew with carrots	Ⓜ
<i>Vegeterian Option</i>	Spicy potato curry	Ⓜ
<i>Salad Bar</i>	Tomatoes, cucumber, pepper, olives, feta cheese, seaweed salad Gouda cheese	
<i>Garnish</i>	Pasta (+ Ⓜ pasta)	Ⓜ
	Couscous with paprika and carrot	
	Green beans	Ⓜ
	Baked vegetables	Ⓜ
<i>Special</i>	Dessert	
<i>Beverages</i>	Milk/Oat milk	