



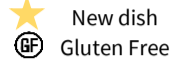
LUNCH MENU 1

Krylatskoe Upper 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.



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

MONDAY

Soup	Beef Soup "Shurpa" / Vegetable soup	GF
Main Course	(Beef) Bolognese sauce	GF
Vegeterian Option	Seasonal vegetables with sauce	GF
Salad Bar	Cabbage, carrot, apple, cucumber, daikon, cheese	
Garnish	Quinoa, Buckwheat	GF
	Pasta + sauce	GF
	Pumpkin with paprika	GF
Fruits	Seasonal fruits	GF

TUESDAY

Soup	Gazpacho soup (+bread croutons)	GF
	Vegetarian soup	GF
Main Course	fish cutlets (with spinach dip) (+ options)	
Vegeterian Option	Carrot / Cabbage balls with sour cream / tomatoes and onion sauce	
Salad Bar	Baked tomatoes and zucchini, red onion, sweet peper cucumber, feta cheese	
Garnish	Rice	GF
	Mashed potatoes	GF
	Couscous with feta cheese & paprika	GF
	Green beans	GF
Fruits	Seasonal fruits	GF

WEDNESDAY

Soup	Beef soup with chickpeas	GF
	Vegetarian soup	GF
Main Course	Teriyaki chicken	
Vegeterian Option	Eggplant in lavash with cheese	
Salad Bar	Boiled eggs, cherry tomatoes, Chinese salad, bread croutons, chicken fillet, Gouda cheese	
Garnish	Brown rice	GF
	Pesto pasta	
	Carrot-potato puree	GF
	Corn	GF
Fruits	Seasonal fruits	GF

THURSDAY

Soup	PHO soup with beef	GF
Main Course	Lula chicken kebab	
Vegeterian Option	Pancakes with spinach and feta cheese	
Salad Bar	Tomatoes, mozzarella, red onion cucumber, olives, sweet pepper	
Garnish	Rice	GF
	Buckwheat	GF
	Baby carrot	GF
	Lobio	
Fruits	Seasonal fruits	GF

FRIDAY

Soup	Carrot cream soup	GF
	Vegetarian soup	
Main Course	Pilaf with beef	
Vegeterian Option	Vegetarian moussaka	
Salad Bar	Sweet pepper, beans, olives, boiled beets, Gouda cheese, prunes garlic croutons	
Garnish	Pasta	
	Potato wedges	GF
	Green beans	GF
Special	Desserts	



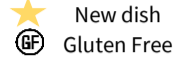
LUNCH MENU 2

Krylatskoe Upper Campus

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

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

Soup	Cheese and corn cream soup	GF
	Vegetarian soup	GF
Main Course	Carbonara (turkey)	
Vegeterian Option	Curry vegetables	GF
Salad Bar	Cabbage, carrot, apple, celery, sweet pepper, cheese, salad dressing garlic croutons	
Garnish	Macaroni	
	Buckwheat	GF
	Baked beets	GF
	Rice	GF
Fruits	Seasonal fruits	GF

TUESDAY

Soup	Beef borscht	GF
	Vegetarian soup	GF
Main Course	Turkey meatballs in milk sauce	
Vegeterian Option	Vegetarian Quesadilla (with potatoes / cheese and spinach / cheese)	
Salad Bar	Macaroni Farfalle, boiled beef, cherry tomatoes, olives, cucumber, avocado	
Garnish	Rice	GF
	Baked potatoes	GF
	Quinoa	GF
	Baby carrot	GF
Fruits	Seasonal fruits	GF

WEDNESDAY

Soup	Gazpacho soup	GF
	Vegetarian soup	GF
Main Course	Meat lasagna	
Vegeterian Option	Vegetable lasagna	
Salad Bar	Carrot sticks, cucumber sticks, sweet pepper sticks, fried zucchini grilled eggplant, feta cheese	
Garnish	Buckwheat	GF
	bulgur with carrots	
	Rice	GF
	Green peas	GF
Fruits	Seasonal fruits	GF

THURSDAY

Soup	Chicken noodle soup	
	Vegetarian soup	
Main Course	Baked salmon	GF
Vegeterian Option	Spinach and Carrot Quiche	
Salad Bar	Seaweed, beans, roasted peppers, sesame seeds, prunes, funchose	
Garnish	Rice	GF
	Couscous with paprika and carrots	GF
	Baked potatoes with paprika	GF
	Green beans Corn on the cob	GF
Fruits	Seasonal fruits	GF

FRIDAY

Soup	Creamy pumpkin soup	GF
	Vegetarian soup	GF
Main Course	Chicken in chili sauce	GF
Vegeterian Option	Samosa with vegetables + sour / sweet sauce	
Salad Bar	Tuna, tomato, boiled eggs, beans, Chinese salad, black olives garlic croutons	
Garnish	Pasta + pesto sauce	
	Buckwheat	GF
	Mashed potatoes	GF
	Green beans	GF
Special	Dessert	



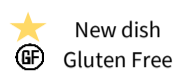
LUNCH MENU 3

Krylatskoe Upper Campus

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

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.
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MONDAY

Soup	Tomato soup	GF
	Vegetarian soup	GF
Main Course	Chicken cutlets (+ option)	
	Karma sauce	GF
Vegeterian Option	Pasta Napoli	
Salad Bar	Apples, tomatoes, cucumbers, carrots, celery, sour cream sauce, white cabbage, garlic croutons	
Garnish	Brown rice	GF
	Mashed potatoes	GF
	Naan bread	
	Green beans	GF
Fruits	Seasonal fruits	GF

TUESDAY

Soup	Chicken rice noodle soup	GF
	Vegetarian soup	GF
Main Course	Turkey Nuggets	
Vegeterian Option	Quesadilla VeGA (tortilla, tomatoes, beans, corn, cheese, tomato sauce)	
Salad Bar	Boiled eggs, crispy croutons, cherry tomatoes, Gouda cheese, cucumber, sweet pepper	
Garnish	Couscous with carrots + sweet pepper	
	Rice	GF
	Baked potato	GF
	Baked parsnip with carrots	GF
Fruits	Seasonal fruits	

WEDNESDAY

Soup	Vegetarian soup	GF
Main Course	Baked chicken with carrots	GF
Vegeterian Option	Patatapitta vegetarian	
Salad Bar	Roasted beets, Feta cheese, apple cubes, red onions, prunes, grated carrots	
Garnish	Buckwheat with onions and carrots	GF
	Pasta + Salsa	
	Rice	GF
	Ratatouille	GF
Fruits	Seasonal fruits	GF

THURSDAY

Soup	Bean and meat soup	GF
	Vegetarian soup	GF
Main Course	Beef meatballs with rice	GF
Vegeterian Option	Vegetarian burrito	
Salad Bar	Boiled potatoes, canned peas, cucumber, red onion, ham, turkey, boiled egg	
Garnish	Rice	GF
	Mashed potatoes with spinach	GF
	Buckwheat	GF
	Corn	GF
Fruits	Seasonal fruits	GF

FRIDAY

Soup	Carrot cream soup	GF
Main Course	Chicken tikka masala in curry sauce	
Vegeterian Option	Spicy potato curry	GF
Salad Bar	Tomatoes, cucumber, pepper, olives, feta cheese, Seaweed salad, Gouda cheese	
Garnish	Pasta	
	Pearl barley	
	Rice	GF
	Baked vegetables	GF
Special	Dessert	