

menu

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



When you see this symbol, the dish is gluten free



ISM is a nut-free school

MONDAY

Soup	Gazpacho soup
Main Course	Beef bolognese
Vegetarian Option	Vegetable cutlets with sour cream, mexican salsa
Salad Bar	Tomatoes, cucumbers, carrots, celery, egg
Garnish	Rice, pasta, baked potatoes, pumpkin with paprika
Dessert	Fruits

TUESDAY

Soup	Creamy pumpkin soup Vegetarian soup
Main Course	Fish cutlets
Vegetarian Option	Carrot balls, cabbage balls
Salad Bar	Tomatoes, carrot, cucumber, bell pepper, egg
Garnish	Rice, mashed potatoes, buckwheat, green beans
Dessert	Fruits

WEDNESDAY

Soup	Beef soup with chickpeas vegetarian soup
Main Course	Chicken in barbecue sauce
Vegetarian Option	Khachapuri vegetarian
Salad Bar	Tomatoes, cucumbers, carrots, celery, egg
Garnish	Potato puree , rice, pesto pasta, corn
Dessert	Fruits

THURSDAY

Soup	Chicken noodle soup Vegetarian soup
Main Course	Chicken cutlet
Vegetarian Option	Pancakes with spinach and feta cheese
Salad Bar	Tomatoes, carrot, cucumber, bell pepper, egg
Garnish	Rice, buckwheat, baby carrots, pasta
Dessert	Fruits

FRIDAY

Soup	Carrot cream soup Vegetarian soup
Main Course	Turkey nuggets
Vegetarian Option	Vegetarian moussaka
Salad Bar	Tomatoes, cucumbers, carrots, cheese, eggs
Garnish	Pasta, rice, potato wedges
Dessert	Special dessert

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WEDNESDAY

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MONDAY

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

TUESDAY

Soup	Creamy pumpkin soup  Vegetarian soup 
Main Course	Turkey meatballs 
Vegetarian Option	Cheese scones
Salad Bar	Tomatoes, carrot, cucumber bell pepper, egg
Garnish	Rice, potatoes, buckwheat, carrots
Dessert	Fruits

Soup	Gazpacho soup  Vegetarian soup 
Main Course	Meat lasagna
Vegetarian Option	Vegetable lasagna
Salad Bar	Tomatoes, cucumbers, carrots, celery, egg, cheese
Garnish	Buckwheat, rice, green peas
Dessert	Fruits

THURSDAY

Soup	Chicken noodle soup  Vegetarian soup 
Main Course	Baked salmon 
Vegetarian Option	Spinach and carrot quiche 
Salad Bar	Tomatoes, carrot, cucumber, bell pepper, egg 
Garnish	Rice, baked potatoes with paprika, buckwheat, corn on the cob
Dessert	Fruits

FRIDAY

Soup	Creamy pumpkin soup  Vegetarian soup 
Main Course	Turkey nuggets 
Vegetarian Option	Vegetarian quesadilla 
Salad Bar	Tomatoes, cucumber, carrots, celery, egg
Garnish	Pasta, buckwheat, mashed potatoes, green beans
Dessert	Special dessert

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MONDAY

Soup	Carrot cream soup Vegetarian soup
Main Course	Chicken cutlets
Vegetarian Option	Pasta Napoli
Salad Bar	Tomatoes, cucumber, carrots, celery, egg
Garnish	Rice, mashed potatoes, buckwheat, green beans
Dessert	Fruits

TUESDAY

Soup	Chicken rice noodle soup Vegetarian soup
Main Course	Cod in breadcrumbs
Vegetarian Option	Quesadilla
Salad Bar	Tomatoes, carrot, cucumber, bell pepper, egg
Garnish	Pasta, rice, baked potatoes baked parsnip with carrots
Dessert	Fruits

WEDNESDAY

Soup	Vegetarian soup
Main Course	Chicken with BBQ sauce
Vegetarian Option	Eggplants with cheese in pita bread
Salad Bar	Tomatoes, cucumbers, carrots, celery, egg, cheese
Garnish	Buckwheat, pasta, rice, ratatouille
Dessert	Fruits

THURSDAY

Soup	Gaspacho soup Vegetarian soup
Main Course	Turkey Nuggets
Vegetarian Option	Vegetarian burrito
Salad Bar	Tomatoes, carrot, cucumber bell pepper, egg
Garnish	Rice, mashed potatoes buckwheat, corn on the cob
Dessert	Fruits

FRIDAY

Soup	Borsch with beef Vegetarian borscht
Main Course	Tomato-turkey stew with carrots
Vegetarian Option	Spicy potato curry
Salad Bar	Cucumber, carrots, celery, egg, cheese
Garnish	Pasta, rice, baked vegetables
Dessert	Special dessert

breakfast

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



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MONDAY

Oatmeal with coconut milk

Multigrain bread

Butter

Cacao

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|----------------|-----------------------|
| SNACK 1 | Fruits |
| SNACK 2 | Croissant, Vegetables |
| DRINK | Dried Fruit Compote |

TUESDAY

Oatmeal with coconut milk

Multigrain bread

Mozarella cheese

Rose hip brew

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| SNACK 1 | Fruits |
| SNACK 2 | Bun, Vegetables |
| DRINK | Milk/Lactose Free Milk |

WEDNESDAY

Chicken souffle

Multigrain bread

Butter

Dried fruit compot

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|----------------|--------------------------|
| SNACK 1 | Fruits |
| SNACK 2 | Cookies, Bun, Vegetables |
| DRINK | Dried Fruit Compot |

THURSDAY

Rice porridge with coconut milk

Multigrain bread

Mozzarella cheese

Cocoa drink

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|----------------|------------------------|
| SNACK 1 | Fruits |
| SNACK 2 | Pancake, Vegetables |
| DRINK | Milk/Lactose Free Milk |

FRIDAY

Pancakes with jam

Pancakes with coconut milk

Multigrain bread

Butter

Dried fruit compot

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|----------------|------------------------|
| SNACK 1 | Fruits |
| SNACK 2 | Bread, Jam, Vegetables |
| DRINK | Dried Fruit Compot |