



King's College

The British School of Latvia

10.05.2021. - 21.05.2021.
SCHOOL YEAR 2020/2021

Monday, 10 May 2021	Tuesday, 11 May 2021	Wednesday, 12 May 2021	Thursday, 13 May 2021	Friday, 14 May
Scrambled eggs served with tomato and cucumber. Bread with butter (*A1,A3,A7). Tea.	Bagel with cream cheese (*A1,A7). Tea.	Porridge with honey or jam (*A1,A7,A15). Tea.	Milzu cereals with fresh berries and milk (*A1,A7). Tea.	Breakfast of choice (*A1,A3,A7). Tea.
Mixed vegetable soup (*A9). Roasted turkey served with potatoes and vegetables (*A1). Fresh fruits.	Celeriac and apple soup (*A9). Breaded cod with potato wedges and salad (*A1,A4). Fresh fruits.	Minestrone soup (*A1,A16). BBQ chicken with rice and salads (*A1,A16). Fresh fruits.	Beetroot soup with sour cream (*A7). Beef meatloaf served with potatoes and vegetables(*A7, A16). Fresh fruits.	Pumpkin soup with garlic croutons (*A1,A9). Vegetarian pasta bake with salad(*A1,A7). Fresh fruits.
Yoghurt and biscuit (*A1,A7).	Baked pear with caramel sauce (*A7).	Cranberry foam with milk (*A1,A7).	Mozzarella and tomato salad (*A7).	Banana and strawberry milk shake (*A7).
CAL 840 CH 77 PR 28 LIP 26 SUG 3	CAL 880 CH 85 PR 30 LIP 30 SUG 4	CAL 850 CH 82 PR 28 LIP 28 SUG 4	CAL 860 CH 80 PR 30 LIP 28 SUG 2	CAL 890 CH 92 PR 33 LIP 31 SUG 6
Monday, 17 May	Tuesday, 18 May	Wednesday, 19 May	Thursday, 20 May	Friday, 21 May
Pancakes with maple syrup (*A1,A7). Tea.	Omelette with tomatoes. Bread with butter (*A1,A3,A7). Tea.	Rice pudding with honey or jam (*A7,A15). Tea.	Freshly baked croissant with cheese (*A1,A7). Tea.	Breakfast of choice (*A1,A3,A7). Tea.
Pinto beans and vegetable soup. Turkey plovs with salad (*A16). Fresh fruits.	Leek and potato cream soup with crouton (*A1,A7,A9). Spaghetti bolognese with salads (*A1,A7,A16). Fresh fruits.	Chicken noodle soup (*A1). Roasted fillet of pork or chicken with potatoes and vegetables (*A1). Fresh fruits.	Tomato and basil soup with croutons (*A1). Baked salmon with rice and vegetables (*A4). Fresh fruits.	Turkey meatball soup with sour cream (*A7) Plovs with salad (*A16). Fresh fruits.
Fresh vegetables served with hummus.	Fresh fruit salads.	Milzu cereals with milk (*A1,A7).	Chocolate and fresh strawberry mousse (*A7)	Cinnamon pastry with milk (*A1, A7).
CAL 850 CH 84 PR 28 LIP 30 SUG 4	CAL 860 CH 82 PR 30 LIP 29 SUG 2	CAL 860 CH 85 PR 30 LIP 32 SUG 5	CAL 880 CH 86 PR 31 LIP 32 SUG 3	CAL 900 CH 88 PR 32 LIP 31 SUG 5

*ALLERGEN LIST: A1-grain crops; A3-eggs; A4-fish; A6-soya; A7-milk; A9-celery; A10-mustard; A11-sesame seeds; A15- honey; A16-garlic

PLEASE NOTE THAT THIS MENU IS CALCULATED FOR NURSERY TO YEAR 2