



King's College

The British School of Latvia

06.06.2022. - 10.06.2022.
SCHOOL YEAR 2021/2022

Monday, 6 June 2022	Portion size	Tuesday, 7 June 2022	Portion size	Wednesday, 8 June 2022	Portion size	Thursday, 9 June 2022	Portion size	Friday, 10 June 2022	Portion size
American pancakes with maple syrup (*A1,A3,A7). CAL 230 PRO 6 FAT 5 CAR 39 Tea or milk. CAL 99 PRO 5 FAT 6 CAR 7	100 150	Oats porridge with jam (*A1,A7). CAL 258 PRO 9 FAT 8 CAR 35 Tea.	160	Freshly baked croissant with honey (*A1,A15). CAL 167 PRO 3 FAT 8 CAR 21 Tea or milk.	50	Rice pudding with honey or jam (*A7,A15). CAL 256 PRO 7 FAT 5 CAR 46 Tea.	160	Breakfast of choice (*A1,A3,A7). Tea or milk.	
Tomato soup with croutons (*A1,A7). CAL 182 PRO 4 FAT 10 CAR 19 Pork fillet with potatoes and vegetables. CAL 394 PRO 19 FAT 15 CAR 20 Fresh fruits. CAL 31 PRO 1 FAT 0 CAR 7	160 80/100/ 70 80	Rassolnik soup served with sour cream (*A7). CAL 138 PRO 3 FAT 7 CAR 15 Baked cod with roasted potatoes and vegetables (*A1,A4,A7). CAL 354 PRO 21 FAT 16 CAR 30 Fresh fruits. CAL 74 PRO 1 FAT 0 CAR 17	160 100/100/ 70 80	Mixed vegetable soup. CAL 107 PRO 2 FAT 2 CAR 13 Pork or chicken meatballs with creamy sauce, buckwheat and vegetables (*A1,A7). CAL 483 PRO 19 FAT 24 CAR 47 Fresh fruits. CAL 41 PRO 0 FAT 0 CAR 9	150 70/50/ 100/70 80	Solanka soup with brown bread (*A1). CAL 144 PRO 3 FAT 4 CAR 22 Pasta with chicken and garlic creamy sauce (*A1,A7,A16). CAL 405 PRO 26 FAT 17 CAR 38 Fresh fruits. CAL 32 PRO 1 FAT 0 CAR 7	170 100/100 80	Leek and potato soup with garlic croutons (*A1,A7,A16). CAL 178 PRO 4 FAT 8 CAR 22 Marinated chicken with rice and vegetables. CAL 368 PRO 25 FAT 13 CAR 35 Fresh fruits. CAL 52 PRO 1 FAT 0 CAR 7	160 80/100/ 70 80
Fresh fruits and cottage cheese (*A7). CAL 232 PRO 6 FAT 9 CAR 31	138	Chocolate and fresh strawberry mousse (*A7). CAL 267 PRO 4 FAT 21 CAR 15	130	Cinnamon pastry with milk (*A1,A7). CAL 258 PRO 8 FAT 11 CAR 28	195	Fresh vegetables served with garlic dip or hummus (*A7,A16). CAL 144 PRO 4 FAT 8 CAR 16	150	Home-made jelly with whipped cream (*A7). CAL 178 PRO 7 FAT 11 CAR 14	150

*ALLERGEN LIST: A1-grain crops; A3-eggs; A4-fish; A6-soya; A7-milk; A9-celery; A10-mustard; A11-sesame seeds; A15- honey; A16-garlic
MENU FOR NURSERY TO YEAR 2



King's College

The British School of Latvia

06.06.2022. - 10.06.2022.
SCHOOL YEAR 2021/2022

Monday, 6 June 2022	Portion size	Tuesday, 7 June 2022	Portion size	Wednesday, 8 June 2022	Portion size	Thursday, 9 June 2022	Portion size	Friday, 10 June 2022	Portion size
American pancakes with maple syrup (*A1,A3,A7). CAL 368 PRO 10 FAT 8 CAR 63 Tea or milk. CAL 132 PRO 7 FAT 8 CAR 9	160 200	Oats porridge with jam (*A1,A7). CAL 502 PRO 19 FAT 15 CAR 67 Tea.	315	Freshly baked croissant with honey (*A1,A15). CAL 334 PRO 6 FAT 15 CAR 42 Tea or milk.	100	Rice pudding with honey or jam (*A7,A15). CAL 500 PRO 15 FAT 10 CAR 89 Tea.	315	Breakfast of choice (*A1,A3,A7). Tea or milk.	
Tomato soup with croutons (*A1). CAL 297 PRO 6 FAT 16 CAR 31 Pork fillet with potatoes and vegetables. CAL 448 PRO 21 FAT 16 CAR 28 Fresh fruits. CAL 31 PRO 1 FAT 0 CAR 7	265 80/150/ 90 80	Rassolnik soup served with sour cream (*A7). CAL 226 PRO 5 FAT 11 CAR 25 Baked cod with roasted potatoes and vegetables (*A1,A4,A7). CAL 431 PRO 22 FAT 19 CAR 39 Fresh fruits. CAL 74 PRO 1 FAT 0 CAR 17	265 100/ 150/ 95 80	Mixed vegetable soup. CAL 179 PRO 4 FAT 3 CAR 22 Pork or chicken meatballs with creamy sauce, buckwheat and vegetables (*A1,A7). CAL 598 PRO 23 FAT 26 CAR 66 Fresh fruits. CAL 41 PRO 0 FAT 0 CAR 9	250 70/70/ 150/90 80	Solanka soup with brown bread (*A1). CAL 232 PRO 5 FAT 7 CAR 35 Pasta with chicken and garlic creamy sauce (*A1,A7,A16). CAL 494 PRO 29 FAT 18 CAR 55 Fresh fruits. CAL 32 PRO 1 FAT 0 CAR 7	280 150/ 100 80	Leek and potato soup with garlic croutons (*A1,A7, A16). CAL 291 PRO 7 FAT 13 CAR 35 Marinated chicken with rice and vegetables. CAL 452 PRO 27 FAT 15 CAR 49 Fresh fruits. CAL 52 PRO 1 FAT 0 CAR 7	265 80/150/ 90 80
Fresh fruits and cottage cheese (*A7). CAL 232 PRO 6 FAT 9 CAR 31	138	Chocolate and fresh strawberry mousse (*A7). CAL 267 PRO 4 FAT 21 CAR 15	130	Cinnamon pastry with milk (*A1,A7). CAL 418 PRO 11 FAT 16 CAR 50	240	Fresh vegetables served with garlic dip or hummus (*A7,A16). CAL 252 PRO 6 FAT 15 CAR 27	240	Home-made jelly with whipped cream (*A7). CAL 178 PRO 7 FAT 11 CAR 14	150

***ALLERGEN LIST: A1-grain crops; A3-eggs; A4-fish; A6-soya; A7-milk; A9-celery; A10-mustard; A11-sesame seeds; A15- honey; A16-garlic**
MENU FOR YEAR 3 TO YEAR 10