



05.12.2022. - 09.12.2022.

SCHOOL YEAR 2022/2023

**KING'S COLLEGE SCHOOL**

**THE BRITISH SCHOOL OF LATVIA**

<i>Monday, 5 December 2022</i>	<i>Portion size</i>	<i>Tuesday, 6 December 2022</i>	<i>Portion size</i>	<i>Wednesday, 7 December 2022</i>	<i>Portion size</i>	<i>Thursday, 8 December 2022</i>	<i>Portion size</i>	<i>Friday, 9 December 2022</i>	<i>Portion size</i>
<i>Smoked turkey, cucumber, bread with butter (*A1, A7). CAL 228 PRO 5 FAT 7 CAR 38 Tea or milk. CAL 99 PRO 5 FAT 6 CAR 7</i>	125  150	<i>Semolina with jam (*A1,A7). CAL 211 PRO 7 FAT 6 CAR 32 Tea or milk. CAL 99 PRO 5 FAT 6 CAR 7</i>	160  150	<i>Milzu cereals with milk (A1,A7) CAL 189 PRO 6 FAT 6 CAR 29 Tea.</i>	155  150	<i>Scrambled eggs with bread, butter and additives (*A1,A3,A7). CAL 232 PRO 11 FAT 11 CAR 22 Tea.</i>	150  150	<i>Breakfast of choice (*A1,A3,A7). Tea or milk. CAL 99 PRO 5 FAT 6 CAR 7</i>	150
<i>Mixed vegetable soup (*A7). CAL 173 PRO 4 FAT 10 CAR 16 Pasta with cheese and salads (*A1,A7). CAL 325 PRO 14 FAT 12 CAR 41 Fresh fruits. CAL 74 PRO 1 FAT 0 CAR 17</i>	150  120/70  80	<i>Spiced chicken soup. CAL 188 PRO 8 FAT 5 CAR 26 Chicken meatballs with buckwheat and creamy carrot sauce (*A1,A7). CAL 401 PRO 21 FAT 17 CAR 41 Fresh fruits. CAL 41 PRO 0 FAT 0 CAR 9</i>	150  100/100/75  80	<i>Broccoli soup with garlic croutons (*A1,A7,A16). CAL 154 PRO 4 FAT 7 CAR 20 Roasted fillet of pork with potatoes and vegetables. CAL 434 PRO 20 FAT 17 CAR 24 Fresh fruits. CAL 32 PRO 1 FAT 0 CAR 7 Kefir. CAL 101 PRO 5 FAT 6 CAR 4</i>	160  80/100/70  80  150	<i>Courgette soup with sour cream and brown bread (*A1,A7). CAL 182 PRO 4 FAT 9 CAR 19 Baked fillet of salmon with sweet potatoes and roasted vegetables (*A4). CAL 353 PRO 19 FAT 20 CAR 25 Fresh fruits. CAL 103 PRO 1 FAT 0 CAR 28</i>	180  80/100/70  80	<i>Tomato soup with croutons (*A1,A7). CAL 182 PRO 4 FAT 10 CAR 19 Sweet and sour chicken with rice. CAL 330 PRO 23 FAT 13 CAR 30 Fresh fruits. CAL 31 PRO 1 FAT 0 CAR 7</i>	160  80/100  80
<i>Baked apple with whipped cream (*A7). CAL 170 PRO 1 FAT 9 CAR 21</i>	125	<i>Spinach and feta cheese pastry (*A1,A7). CAL 109 PRO 3 FAT 6 CAR 9</i>	40	<i>Carrot cake (*A1,A3,A7). CAL 228 PRO 6 FAT 8 CAR 31 Tea.</i>	115  150	<i>Savoury profiteroles with additives (*A1,A7). CAL 146 PRO 4 FAT 11 CAR 8</i>	80	<i>Fresh fruit smoothie. CAL 149 PRO 2 FAT 0 CAR 35</i>	180

**\*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**



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**THE BRITISH SCHOOL OF LATVIA**

Monday, 5 December 2022	Portion size	Tuesday, 6 December 2022	Portion size	Wednesday, 7 December 2022	Portion size	Thursday, 8 December 2022	Portion size	Friday, 9 December 2022	Portion size
<b>Smoked turkey, cucumber, bread with butter (*A1, A7).</b> CAL 337 PRO 7 FAT 10 CAR 56 <b>Tea or milk.</b> CAL 132 PRO 7 FAT 8 CAR 9	185  200	<b>Semolina with jam (*A1,A7).</b> CAL 409 PRO 13 FAT 12 CAR 61 <b>Tea or milk.</b> CAL 132 PRO 7 FAT 8 CAR 9	315  200	<b>Milzu cereals with milk (A1,A7)</b> CAL 289 PRO 10 FAT 9 CAR 42 <b>Tea.</b>	250  200	<b>Scrambled eggs with bread, butter and additives (*A1,A3,A7).</b> CAL 417 PRO 19 FAT 20 CAR 39 <b>Tea.</b>	270  200	<b>Breakfast of choice (*A1,A3,A7).</b> <b>Tea.</b>	200
<b>Mixed vegetable soup (*A7).</b> CAL 288 PRO 6 FAT 16 CAR 27 <b>Pasta with cheese and salads (*A1,A7).</b> CAL 466 PRO 20 FAT 16 CAR 60 <b>Fresh fruits.</b> CAL 74 PRO 1 FAT 0 CAR 17	250  180/70  80	<b>Spiced chicken soup.</b> CAL 314 PRO 14 FAT 9 CAR 44 <b>Chicken meatballs with buckwheat and creamy carrot sauce (*A1,A7).</b> CAL 505 PRO 24 FAT 20 CAR 56 <b>Fresh fruits.</b> CAL 41 PRO 0 FAT 0 CAR 9	250  100/150/35  80	<b>Broccoli soup with garlic croutons (*A1,A7,A16).</b> CAL 249 PRO 7 FAT 11 CAR 32 <b>Roasted fillet of pork with potatoes and vegetables.</b> CAL 479 PRO 21 FAT 18 CAR 32 <b>Fresh fruits.</b> CAL 32 PRO 1 FAT 0 CAR 7 <b>Kefir.</b> CAL 134 PRO 7 FAT 7 CAR 5	265  80/150/70  80  200	<b>Courgette soup with sour cream and brown bread (*A1,A7).</b> CAL 265 PRO 6 FAT 14 CAR 26 <b>Baked fillet of salmon with sweet potatoes and roasted vegetables (*A4).</b> CAL 406 PRO 20 FAT 21 CAR 34 <b>Fresh fruits.</b> CAL 103 PRO 1 FAT 0 CAR 28	285  80/150/70  80	<b>Tomato soup with croutons (*A1,A7).</b> CAL 297 PRO 6 FAT 16 CAR 31 <b>Sweet and sour chicken with rice.</b> CAL 397 PRO 24 FAT 14 CAR 43 <b>Fresh fruits.</b> CAL 31 PRO 1 FAT 0 CAR 7	265  80/150  80
<b>Baked apple with whipped cream (*A7).</b> CAL 248 PRO 1 FAT 12 CAR 32	190	<b>Spinach and feta cheese pastry (*A1,A7).</b> CAL 218 PRO 7 FAT 13 CAR 19	80	<b>Carrot cake (*A1,A3,A7).</b> CAL 228 PRO 6 FAT 8 CAR 31 <b>Tea.</b>	115  200	<b>Savoury profiteroles with additives (*A1,A7).</b> CAL 219 PRO 7 FAT 16 CAR 12	100	<b>Fresh fruit smoothie.</b> CAL 182 PRO 3 FAT 1 CAR 43	220

**\*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 11**