



27.02.2023. - 03.03.2023.
SCHOOL YEAR 2022/2023

KING'S COLLEGE SCHOOL
THE BRITISH SCHOOL OF LATVIA

<i>Monday, 27 February 2023</i>	<i>Portion size</i>	<i>Tuesday, 28 February 2023</i>	<i>Portion size</i>	<i>Wednesday, 1 March 2023</i>	<i>Portion size</i>	<i>Thursday, 2 March 2023</i>	<i>Portion size</i>	<i>Friday, 3 March 2023</i>	<i>Portion size</i>
<i>Milzu cereals with milk and fresh blueberries (*A1,A7). CAL 211 PRO 7 FAT 7 CAR 31 Tea.</i>	210 150	<i>Rice pudding with cinnamon and sugar (*A7). CAL 277 PRO 6 FAT 9 CAR 43 Tea.</i>	155 150	<i>Bread with chicken mortadella and cheese (*A1,A7). CAL 266 PRO 11 FAT 15 CAR 22 Tea.</i>	85 150	<i>Semolina with jam (*A1,A7). CAL 211 PRO 7 FAT 6 CAR 32 Tea.</i>	160 150	<i>Breakfast of choice (*A1,A3,A7). Tea or milk. CAL 99 PRO 5 FAT 6 CAR 7</i>	150
<i>Green peas soup with croutons (*A1,A7). CAL 155 PRO 4 FAT 7 CAR 18 BBQ chicken with rice and sweetcorn (*A15). CAL 419 PRO 25 FAT 18 CAR 37 Fresh fruits. CAL 103 PRO 1 FAT 0 CAR 28</i>	160 80/100/ 70 80	<i>Minestrone soup (*A7). CAL 126 PRO 4 FAT 5 CAR 16 Home-made lasagna with salad (*A1,A7). CAL 379 PRO 22 FAT 15 CAR 40 Fresh fruits. CAL 41 PRO 0 FAT 0 CAR 9</i>	150 180/70 80	<i>Leek and potato soup (*A7). CAL 139 PRO 3 FAT 7 CAR 15 Pork schnitzel with potatoes and vegetables (*A1). CAL 441 PRO 20 FAT 16 CAR 30 Fresh fruits. CAL 74 PRO 1 FAT 0 CAR 17</i>	150 90/100/ 70 80	<i>Turkey meatball soup (*A1). CAL 129 PRO 7 FAT 5 CAR 14 Baked fillet of salmon with cous-cous and vegetables (*A1,A4). CAL 394 PRO 22 FAT 19 CAR 26 Fresh fruits. CAL 32 PRO 1 FAT 0 CAR 7</i>	150 80/100/ 70 80	<i>Cabbage soup. CAL 104 PRO 2 FAT 4 CAR 13 Plovs with turkey and salads (*A16). CAL 349 PRO 13 FAT 11 CAR 38 Fresh fruits. CAL 31 PRO 1 FAT 0 CAR 7</i>	150 180/70 80
<i>Home-made apple crumble with custard (*A1,A3,A7). CAL 276 PRO 5 FAT 14 CAR 31</i>	100	<i>Cottage cheese bake (*A1, A7). CAL 318 PRO 10 FAT 11 CAR 43</i>	90	<i>Fresh vegetables served with hummus. CAL 174 PRO 5 FAT 9 CAR 20</i>	200	<i>Fruit milkshake (*A7). CAL 166 PRO 6 FAT 7 CAR 21</i>	225	<i>Cinnamon pastry with milk (*A1,A7). CAL 258 PRO 8 FAT 11 CAR 28</i>	195

***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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Milzu cereals with milk and fresh blueberries (*A1,A7). CAL 319 PRO 11 FAT 10 CAR 49 Tea.	300 200	Rice pudding with cinnamon and sugar (*A7). CAL 467 PRO 11 FAT 15 CAR 72 Tea.	260 200	Bread with chicken mortadella and cheese (*A1,A7). CAL 391 PRO 16 FAT 22 CAR 32 Tea.	125 200	Semolina with jam (*A1,A7). CAL 409 PRO 13 FAT 12 CAR 61 Tea.	315 200	Breakfast of choice (*A1,A3,A7). Tea or milk. CAL 132 PRO 7 FAT 8 CAR 9	200
Green peas soup with croutons (*A1,A7). CAL 251 PRO 6 FAT 12 CAR 28 BBQ chicken with rice and sweetcorn (*A15). CAL 488 PRO 27 FAT 19 CAR 49 Fresh fruits. CAL 103 PRO 1 FAT 0 CAR 28	265 80/150/ 70 80	Minestrone soup (*A7). CAL 210 PRO 7 FAT 8 CAR 27 Home-made lasagna with salad (*A1,A7). CAL 455 PRO 26 FAT 18 CAR 48 Fresh fruits. CAL 41 PRO 0 FAT 0 CAR 9	250 220/70 80	Leek and potato soup (*A7). CAL 231 PRO 5 FAT 12 CAR 25 Pork schnitzel with potatoes and vegetables (*A1). CAL 485 PRO 21 FAT 17 CAR 37 Fresh fruits. CAL 74 PRO 1 FAT 0 CAR 17	250 90/150/ 70 80	Turkey meatball soup (*A1) CAL 216 PRO 12 FAT 8 CAR 23 Baked fillet of salmon with cous-cous and vegetables (*A1,A4). CAL 460 PRO 24 FAT 21 CAR 35 Fresh fruits. CAL 32 PRO 1 FAT 0 CAR 7	250 80/150/ 70 80	Cabbage soup. CAL 173 PRO 4 FAT 7 CAR 22 Plovs with turkey and salads (*A16). CAL 416 PRO 15 FAT 13 CAR 45 Fresh fruits. CAL 31 PRO 1 FAT 0 CAR 7	250 220/70 80
Home-made apple crumble with custard (*A1,A3,A7). CAL 366 PRO 7 FAT 19 CAR 40	130	Cottage cheese bake (*A1, A7). CAL 477 PRO 15 FAT 16 CAR 64	135	Fresh vegetables served with hummus. CAL 290 PRO 9 FAT 15 CAR 34	300	Fruit milkshake (*A7). CAL 166 PRO 6 FAT 7 CAR 21	225	Cinnamon pastry with milk (*A1,A7). CAL 418 PRO 11 FAT 16 CAR 50	240

*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