



27.03.2023. - 31.03.2023.

## SCHOOL YEAR 2022/2023

**KING'S COLLEGE SCHOOL**

THE BRITISH SCHOOL OF LATVIA

Monday, 27 March 2023	Portion size	Tuesday, 28 March 2023	Portion size	Wednesday, 29 March 2023	Portion size	Thursday, 30 March 2023	Portion size	Friday, 31 March 2023	Portion size
Oats porridge with jam (*A1,A7). CAL 264 PRO 9 FAT 8 CAR 35 Tea.	160 150	Bagels with cream cheese and smoked salmon (*A1,A4, A7). CAL 232 PRO 10 FAT 7 CAR 31 Tea.	95 150	Smoked chicken, cheese, cucumber, bread with butter (*A1, A7). CAL 243 PRO 12 FAT 11 CAR 22 Tea.	115 150	Cottage cheese patties with sour cream and jam (*A1, A3, A7). CAL 268 PRO 15 FAT 9 CAR 31 Tea.	115 150	Milzu cereals with milk and fresh blueberries (*A1,A7). CAL 211 PRO 7 FAT 7 CAR 31 Tea.	210 150
Carrot and coriander soup (*A7). CAL 143 PRO 2 FAT 8 CAR 14 Chicken with rice and vegetables served with curry sauce (*A7). CAL 349 PRO 23 FAT 14 CAR 32 Fresh fruits. CAL 31 PRO 1 FAT 0 CAR 7	150 80/100/ 70/25 80	Fish soup served with brown bread (*A1,A4). CAL 166 PRO 9 FAT 7 CAR 17 Roasted loin of pork with mashed potatoes and vegetables (*A7). CAL 371 PRO 22 FAT 19 CAR 27 Fresh fruits. CAL 74 PRO 1 FAT 0 CAR 17	170 80/100/ 70 80	Broccoli soup with garlic croutons (*A1,A7,A16). CAL 154 PRO 4 FAT 7 CAR 20 Baked salmon with vegetable ragu and lemongrass sauce(*A1,A4,A7). CAL 411 PRO 21 FAT 23 CAR 29 Fresh fruits. CAL 41 PRO 0 FAT 0 CAR 9	160 80/100/ 25 80	Vegetable soup with sour cream (*A7). CAL 122 PRO 3 FAT 5 CAR 15 Meatballs in tomato sauce with pasta (*A1). CAL 391 PRO 20 FAT 15 CAR 44 Fresh fruits. CAL 32 PRO 1 FAT 0 CAR 7	160 200 80	Chicken and vegetable soup. CAL 109 PRO 7 FAT 4 CAR 11 Chicken goujons with roasted potatoes and salads (*A1,A7). CAL 344 PRO 20 FAT 17 CAR 27 Fresh fruits. CAL 55 PRO 1 FAT 0 CAR 14	150 100/100 /70 80
Potato pancakes with sour cream (*A1,A3,A7). CAL 207 PRO 6 FAT 7 CAR 29	120	Chocolate mousse (*A7). CAL 181 PRO 2 FAT 16 CAR 8	50	Greek salad with rice crackers (* A7). CAL 179 PRO 7 FAT 9 CAR 18	165	Savoury profiteroles with additives (*A1,A7). CAL 146 PRO 4 FAT 11 CAR 8	80	Spinach and feta cheese pastry (*A1,A7). CAL 164 PRO 5 FAT 9 CAR 14	60

\*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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<i>Monday, 27 March 2023</i>	<i>Portion size</i>	<i>Tuesday, 28 March 2023</i>	<i>Portion size</i>	<i>Wednesday, 29 March 2023</i>	<i>Portion size</i>	<i>Thursday, 30 March 2023</i>	<i>Portion size</i>	<i>Friday, 31 March 2023</i>	<i>Portion size</i>
<i>Oats porridge with jam (*A1,A7). CAL 437 PRO 16 FAT 14 CAR 58 Tea.</i>	265  200	<i>Bagels with cream cheese and smoked salmon (*A1,A4, A7). CAL 336 PRO 15 FAT 12 CAR 42 Tea.</i>	140  200	<i>Smoked chicken, cheese, cucumber, bread with butter (*A1, A7). CAL 370 PRO 19 FAT 17 CAR 34 Tea.</i>	175  200	<i>Cottage cheese patties with sour cream and jam (*A1,A3, A7). CAL 408 PRO 23 FAT 14 CAR 47 Tea.</i>	175  200	<i>Milzu cereals with milk and fresh blueberries (*A1,A7). CAL 319 PRO 11 FAT 10 CAR 49 Tea.</i>	300  200
<i>Carrot and coriander soup (*A7). CAL 238 PRO 4 FAT 13 CAR 24 Chicken with rice and vegetables served with curry sauce (*A7). CAL 444 PRO 25 FAT 18 CAR 46 Fresh fruits. CAL 31 PRO 1 FAT 0 CAR 7</i>	250  80/150/ 70/35  80	<i>Fish soup served with brown bread(*A1,A4). CAL 269 PRO 14 FAT 11 CAR 26 Roasted loin of pork with mashed potatoes and vegetables (*A7). CAL 436 PRO 23 FAT 22 CAR 36 Fresh fruits. CAL 74 PRO 1 FAT 0 CAR 17</i>	280  80/150/ 70  80	<i>Broccoli soup with garlic croutons (*A1,A7,A16). CAL 249 PRO 7 FAT 11 CAR 32 Baked salmon with vegetable ragu and lemongrass sauce(*A1,A4,A7). CAL 498 PRO 23 FAT 26 CAR 41 Fresh fruits. CAL 41 PRO 0 FAT 0 CAR 9</i>	265  80/150/ 35  80	<i>Vegetable soup with sour cream (*A7). CAL 198 PRO 6 FAT 8 CAR 24 Meatballs in tomato sauce with pasta (*A1). CAL 482 PRO 23 FAT 16 CAR 60 Fresh fruits. CAL 32 PRO 1 FAT 0 CAR 7</i>	265  250  80	<i>Chicken and vegetable soup. CAL 182 PRO 12 FAT 6 CAR 18 Chicken goujons with roasted potatoes and salads (*A1,A7). CAL 390 PRO 21 FAT 18 CAR 34 Fresh fruits. CAL 55 PRO 1 FAT 0 CAR 14</i>	250  100/150/ 70  80
<i>Potato pancakes with sour cream (*A1,A3,A7). CAL 303 PRO 9 FAT 10 CAR 43</i>	175	<i>Chocolate mousse (*A7). CAL 272 PRO 2 FAT 24 CAR 12</i>	75	<i>Greek salad with rice crackers (* A7). CAL 265 PRO 11 FAT 13 CAR 27</i>	245	<i>Savoury profiteroles with additives (*A1,A7). CAL 219 PRO 7 FAT 16 CAR 12</i>	100	<i>Spinach and feta cheese pastry (*A1,A7). CAL 218 PRO 7 FAT 13 CAR 19</i>	80

\*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