



02.10.2023. - 08.10.2023.

## SCHOOL YEAR 2023/2024

**KING'S COLLEGE SCHOOL**

THE BRITISH SCHOOL OF LATVIA

Monday	Portion size	Tuesday	Portion size	Wednesday	Portion size	Thursday	Portion size	Friday	Portion size
<b>Milzu cereals with milk (*A1,A7).</b> CAL 189 PRO 6 FAT 6 CAR 29 <b>Tea.</b>	155  150	<b>Semolina with jam (*A1,A7).</b> CAL 211 PRO 7 FAT 6 CAR 32 <b>Tea or milk.</b> CAL 99 PRO 5 FAT 6 CAR 7	160  150	<b>Freshly baked croissant with cheese and tomato (*A1, A7).</b> CAL 265 PRO 7 FAT 14 CAR 28 <b>Tea.</b>	80  150	<b>Oats porridge with jam (*A1,A7).</b> CAL 264 PRO 9 FAT 8 CAR 35 <b>Tea.</b>	160  150	<b>Breakfast of choice (*A1,A3,A7).</b> <b>Tea or milk.</b> CAL 99 PRO 5 FAT 6 CAR 7	150
<b>Pumpkin soup with croutons (*A1,A7).</b> CAL 155 PRO 3 FAT 9 CAR 16 <b>Pork or chicken minced meat with buckwheat and pickled cucumber (*A7).</b> CAL 398 PRO 16 FAT 23 CAR 32 <b>Fresh fruits.</b> CAL 74 PRO 1 FAT 0 CAR 17	160  100/100/30  80	<b>Spiced chicken soup.</b> CAL 188 PRO 8 FAT 5 CAR 26 <b>Beef stroganoff with rice and salads</b> CAL 348 PRO 18 FAT 16 CAR 33 <b>Fresh fruits.</b> CAL 31 PRO 1 FAT 0 CAR 7	160  100/100/70  80	<b>Minestrone soup (*A7).</b> CAL 126 PRO 4 FAT 5 CAR 16 <b>Potato,vegetable and beef bake (A7,A16)</b> CAL 285 PRO 12 FAT 15 CAR 23 <b>Fresh fruits.</b> CAL 103 PRO 1 FAT 0 CAR 28	150  200  80	<b>Chicken meatball soup (*A1).</b> CAL 129 PRO 7 FAT 5 CAR 14 <b>Vegetarian pasta bake (*A1,A7).</b> CAL 377 PRO 15 FAT 17 CAR 42 <b>Fresh fruits.</b> CAL 32 PRO 1 FAT 0 CAR 7	180  180  80	<b>Green peas soup with croutons (*A1,A7).</b> CAL 155 PRO 4 FAT 7 CAR 18 <b>Baked fillet of salmon or chicken with cous-cous or rice and roasted vegetables (*A1,A4).</b> CAL 388 PRO 13 FAT 15 CAR 50 <b>Fresh fruits.</b> CAL 103 PRO 1 FAT 0 CAR 28	150  80/100/70  80
<b>Baked pear with caramel sauce.</b> CAL 171 PRO 1 FAT 0 CAR 41	160	<b>Fresh vegetables served with garlic dip (*A7,A16).</b> CAL 201 PRO 4 FAT 14 CAR 15	200	<b>Panna cotta with apricot topping (*A7).</b> CAL 223 PRO 2 FAT 18 CAR 14	100	<b>Pancakes filled with turkey served with sour cream (*A1,A3,A7).</b> CAL 237 PRO 10 FAT 12 CAR 23	145	<b>Cinnamon pastry with milk (*A1,A7).</b> CAL 258 PRO 8 FAT 11 CAR 28	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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Monday	Portion size	Tuesday	Portion size	Wednesday	Portion size	Thursday	Portion size	Friday	Portion size
<b>Milzu cereals with milk</b> (*A1,A7). CAL 289 PRO 10 FAT 9 CAR 42 <b>Tea.</b>	250  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>Freshly baked croissant with cheese and tomato (*A1, A7).</b> CAL 413 PRO 12 FAT 20 CAR 41 <b>Tea.</b>	120  200	<b>Oats porridge with jam (*A1,A7).</b> CAL 437 PRO 16 FAT 14 CAR 58 <b>Tea.</b>	265  200	<b>Breakfast of choice (*A1,A3,A7).</b> <b>Tea or milk.</b> CAL 132 PRO 7 FAT 8 CAR 9	200
<b>Pumpkin soup with croutons (*A1,A7).</b> CAL 250 PRO 5 FAT 14 CAR 26 <b>Pork or chicken minced meat with buckwheat and pickled cucumber (*A7).</b> CAL 470 PRO 19 FAT 23 CAR 46 <b>Fresh fruits.</b> CAL 74 PRO 1 FAT 0 CAR 17	265  100/150/45  80	<b>Green peas soup with croutons (*A1,A7).</b> CAL 251 PRO 6 FAT 12 CAR 28 <b>Beef stroganoff with rice and salads</b> CAL 418 PRO 19 FAT 17 CAR 46 <b>Fresh fruits.</b> CAL 31 PRO 1 FAT 0 CAR 7	265  100/150/70  80	<b>Minestrone soup (*A7).</b> CAL 210 PRO 7 FAT 7 CAR 27 <b>Potato,vegetable and beef bake (A7,A16)</b> CAL 456 PRO 15 FAT 13 CAR 29 <b>Fresh fruits.</b> CAL 103 PRO 1 FAT 0 CAR 28	250  250  80	<b>Chicken meatball soup (*A1)</b> CAL 216 PRO 12 FAT 8 CAR 23  <b>Vegetarian pasta bake (*A1,A7).</b> CAL 481 PRO 19 FAT 21 CAR 53  <b>Fresh fruits.</b> CAL 32 PRO 1 FAT 0 CAR 7	285  230  80	<b>Green peas soup with croutons (*A1,A7).</b> CAL 251 PRO 6 FAT 12 CAR 28 <b>Baked fillet of salmon or chicken with cous-cous or rice and roasted vegetables (*A1,A4).</b> CAL 582 PRO 20 FAT 23 CAR 75 <b>Fresh fruits.</b> CAL 103 PRO 1 FAT 0 CAR 28	250  80/150/70  80
<b>Baked pear with caramel sauce.</b> CAL 257 PRO 1 FAT 1 CAR 62	240	<b>Fresh vegetables served with garlic dip (*A7,A16).</b> CAL 302 PRO 7 FAT 21 CAR 22	300	<b>Panna cotta with apricot topping (*A7).</b> CAL 335 PRO 3 FAT 22 CAR 20	150	<b>Pancakes filled with turkey served with sour cream (*A1,A3,A7).</b> CAL 320 PRO 13 FAT 16 CAR 51	195	<b>Cinnamon pastry with milk (*A1,A7).</b> 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 12**