



18.09.2023. - 24.09.2023. 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
Milzu cereals with milk (*A1,A7). <small>CAL 189 PRO 6 FAT 6 CAR 29</small> Tea.	155 150	Smoked turkey, cucumber, bread with butter (*A1, A7). <small>CAL 228 PRO 5 FAT 7 CAR 38</small> Tea or milk. <small>CAL 99 PRO 5 FAT 6 CAR 7</small>	125 150	Boiled eggs with tomato and cucumber, bread with butter (*A1,A3,A7). <small>CAL 188 PRO 9 FAT 10 CAR 15</small> Tea.	125 150	Semolina with jam (*A1,A7). <small>CAL 211 PRO 7 FAT 6 CAR 32</small> Tea or milk. <small>CAL 99 PRO 5 FAT 6 CAR 7</small>	160 150	Breakfast of choice (*A1,A3,A7). Tea or milk. <small>CAL 99 PRO 5 FAT 6 CAR 7</small>	150
Tomato soup with croutons (*A1,A7). <small>CAL 182 PRO 4 FAT 10 CAR 19</small> Breaded cod with sweet potatoes and salads (*A1,A4). <small>CAL 305 PRO 19 FAT 12 CAR 32</small> Fresh fruits. <small>CAL 52 PRO 1 FAT 0 CAR 12</small>	160 100/100/70 80	Mixed vegetable soup (*A7). <small>CAL 173 PRO 4 FAT 10 CAR 16</small> Pasta with cheese and salads (*A1,A7). <small>CAL 325 PRO 14 FAT 12 CAR 41</small> Fresh fruits. <small>CAL 74 PRO 1 FAT 0 CAR 17</small>	150 120/70 80	Cauliflower cream soup (*A7). <small>CAL 138 PRO 3 FAT 9 CAR 12</small> Chicken with rice and curry sauce. <small>CAL 373 PRO 23 FAT 18 CAR 28</small> Fresh fruits. <small>CAL 74 PRO 1 FAT 0 CAR 17</small>	150 100/100/70/25 80	Spiced chicken soup. <small>CAL 188 PRO 8 FAT 5 CAR 26</small> Pork or chicken meatballs with buckwheat and creamy carrot sauce (*A1,A7). <small>CAL 401 PRO 21 FAT 17 CAR 41</small> Fresh fruits. <small>CAL 41 PRO 0 FAT 0 CAR 9</small>	150 100/100/25 80	Broccoli soup with garlic croutons (*A1,A7,A16). <small>CAL 154 PRO 4 FAT 7 CAR 20</small> Marinated chicken with potatoes and vegetables. <small>CAL 290 PRO 24 FAT 12 CAR 18</small> Fresh fruits. <small>CAL 52 PRO 1 FAT 0 CAR 12</small>	160 80/100/70 80
Cottage cheese bake (*A1, A7). <small>CAL 318 PRO 10 FAT 11 CAR 43</small>	90	Quesadilla with chicken and sweetcorn (*A1,A3,A7). <small>CAL 153 PRO 5 FAT 7 CAR 17</small>	65	Rice crackers with hummus, turkey and cucumbers. <small>CAL 199 PRO 4 FAT 4 CAR 37</small>	80	Spinach and feta cheese pastry (*A1,A7). <small>CAL 109 PRO 3 FAT 6 CAR 9</small>	40	Fresh berry milkshake (*A7). <small>CAL 188 PRO 6 FAT 14 CAR 11</small>	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**



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Monday	Portion size	Tuesday	Portion size	Wednesday	Portion size	Thursday	Portion size	Friday	Portion size
<i>Milzu cereals with milk</i> (*A1,A7). CAL 289 PRO 10 FAT 9 CAR 42 <i>Tea.</i>	250 200	<i>Smoked turkey, cucumber, bread with butter</i> (*A1, A7). CAL 337 PRO 7 FAT 10 CAR 56 <i>Tea or milk.</i> CAL 132 PRO 7 FAT 8 CAR 9	185 200	<i>Boiled eggs with tomato and cucumber, bread with butter</i> (*A1,A3,A7). CAL 322 PRO 16 FAT 18 CAR 24 <i>Tea.</i>	250 200	<i>Semolina with jam</i> (*A1,A7). CAL 409 PRO 13 FAT 12 CAR 61 <i>Tea or milk.</i> CAL 132 PRO 7 FAT 8 CAR 9	315 200	<i>Breakfast of choice</i> (*A1,A3,A7). <i>Tea or milk.</i> CAL 132 PRO 7 FAT 8 CAR 9	200
<i>Tomato soup with croutons</i> (*A1,A7). CAL 297 PRO 6 FAT 16 CAR 31 <i>Breaded cod with sweet potatoes and salads</i> (*A1,A4). CAL 365 PRO 19 FAT 13 CAR 42 <i>Fresh fruits.</i> CAL 52 PRO 1 FAT 0 CAR 12	265 100/150/70 80	<i>Mixed vegetable and chicken soup</i> (*A7). CAL 288 PRO 6 FAT 16 CAR 27 <i>Pasta with cheese and salads</i> (*A1,A7). CAL 466 PRO 20 FAT 16 CAR 60 <i>Fresh fruits.</i> CAL 74 PRO 1 FAT 0 CAR 17	250 180/70 80	<i>Cauliflower cream soup</i> (*A7). CAL 230 PRO 6 FAT 15 CAR 19 <i>Chicken with rice and curry sauce.</i> CAL 467 PRO 25 FAT 22 CAR 42 <i>Fresh fruits.</i> CAL 74 PRO 1 FAT 0 CAR 17	250 100/150/70/35 80	<i>Spiced chicken soup.</i> CAL 314 PRO 14 FAT 9 CAR 44 <i>Pork or Chicken meatballs with buckwheat and creamy carrot sauce</i> (*A1,A7). CAL 505 PRO 24 FAT 20 CAR 56 <i>Fresh fruits.</i> CAL 41 PRO 0 FAT 0 CAR 9	250 100/150/35 80	<i>Broccoli soup with garlic croutons</i> (*A1,A7,A16). CAL 249 PRO 7 FAT 11 CAR 32 <i>Marinated chicken with potatoes and vegetables.</i> CAL 345 PRO 26 FAT 14 CAR 26 <i>Fresh fruits.</i> CAL 52 PRO 1 FAT 0 CAR 12	265 80/150/70 80
<i>Cottage cheese bake</i> (*A1, A7). CAL 477 PRO 15 FAT 16 CAR 64	135	<i>Quesadilla with chicken and sweetcorn</i> (*A1,A3,A7). CAL 306 PRO 11 FAT 14 CAR 33	130	<i>Rice crackers with hummus, turkey and cucumbers.</i> CAL 299 PRO 7 FAT 6 CAR 55	165	<i>Spinach and feta cheese pastry</i> (*A1,A7). CAL 218 PRO 7 FAT 13 CAR 19	80	<i>Fresh berry milkshake</i> (*A7). CAL 188 PRO 6 FAT 14 CAR 11	225

*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