



15.01.2024. - 21.01.2024.

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
Oats porridge with jam (*A1,A7). CAL 264 PRO 9 FAT 8 CAR 35 Tea.	160 150	Farmers breakfast (potato,sausage ,egg) (*A1,A7,A3). CAL 277 PRO 12 FAT 16 CAR 13 Tea.	180 150	Smoked chicken, cheese, cucumber, bread with butter (*A1, A7). CAL 243 PRO 12 FAT 11 CAR 22 Tea.	115 150	Milzu cereals with milk and fresh blueberries (*A1,A7). CAL 211 PRO 7 FAT 7 CAR 31 Tea.	115 150	Breakfast of choice (*A1,A3,A7). Tea or milk. CAL 99 PRO 5 FAT 6 CAR 7	150
Mushroom soup (*A7) (*A7). CAL 143 PRO 2 FAT 8 CAR 14 Roasted loin of pork with mashed potatoes and vegetables (*A7). CAL 371 PRO 22 FAT 19 CAR 27 Fresh fruits. CAL 31 PRO 1 FAT 0 CAR 7	150 80/100/ 70/ 80	Solyanka soup with brown bread (*A1). CAL 144 PRO 3 FAT 4 CAR 22 Turkey plovs with pickled cucumbers. CAL 305 PRO 19 FAT 9 CAR 36 Fresh fruits. CAL 103 PRO 1 FAT 0 CAR 28	170 230/40 80	Vegetable soup with sour cream (*A7). CAL 122 PRO 3 FAT 5 CAR 15 Chicken meatballs with buckwheat, vegetables and carrot sauce (*A1,A7) CAL 432 PRO 20 FAT 19 CAR 45 Fresh fruits. CAL 41 PRO 0 FAT 0 CAR 9	160 80/100/ 25 80	Tomato and beef soup (*A1). CAL 122 PRO 3 FAT 4 CAR 17 Breaded cod with potato wedges and salads (*A1,A4,A7). CAL 347 PRO 20 FAT 14 CAR 32 Fresh fruits. CAL 41 PRO 0 FAT 0 CAR 9	160 100/120/ 70 80	Cauliflower and cheese cream soup (*A7). CAL 161 PRO 8 FAT 9 CAR 11 Vegetarian pasta bake (*A1,A7). CAL 377 PRO 15 FAT 17 CAR 42 Fresh fruits. CAL 55 PRO 1 FAT 0 CAR 14	150 180 80
Chocolate mousse (*A7). CAL 181 PRO 2 FAT 16 CAR 8	50	Potato pancakes with sour cream (*A1,A3,A7). CAL 207 PRO 6 FAT 7 CAR 29	120	Greek salad with rice crackers (* A7). CAL 179 PRO 7 FAT 9 CAR 18	165	Cottage cheese patties with sour cream and jam (*A1, A3, A7). CAL 268 PRO 10 FAT 9 CAR 31	115	Fresh berry milkshake (*A7). CAL 188 PRO 6 FAT 14 CAR 11	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
Oats porridge with jam (*A1,A7). CAL 437 PRO 16 FAT 14 CAR 58 Tea.	265 200	Farmers breakfast (potato,sausage ,egg) (*A1,A7). CAL 431 PRO 18 FAT 22 CAR 20 Tea.	280 200	Smoked chicken, cheese, cucumber, bread with butter (*A1, A7). CAL 370 PRO 19 FAT 17 CAR 34 Tea.	175 200	Milzu cereals with milk and fresh blueberries (*A1,A7). CAL 319 PRO 11 FAT 10 CAR 49 Tea.	300 200	Breakfast of choice (*A1,A3,A7). Tea or milk. CAL 432 PRO 7 FAT 8 CAR 9	200
Mushroom soup (*A7) CAL 205 PRO 6 FAT 12 CAR 19 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	250 80/150/ 70/ 80	Solyanka soup with brown bread (*A1). CAL 232 PRO 5 FAT 7 CAR 35 Turkey plovs with pickled cucumbers. CAL 383 PRO 23 FAT 12 CAR 46 Fresh fruits. CAL 103 PRO 1 FAT 0 CAR 28	280 280/50 80	Vegetable soup with sour cream (*A7). CAL 198 PRO 6 FAT 8 CAR 24 Chicken meatballs with buckwheat, vegetables and carrot sauce (*A1,A7). CAL 536 PRO 23 FAT 22 CAR 60 Fresh fruits. CAL 41 PRO 0 FAT 0 CAR 9	265 80/150/ 35 80	Tomato and beef soup (*A1). CAL 256 PRO 5 FAT 7 CAR 27 Breaded cod with potato wedges and salads (*A1,A4,A7). CAL 498 PRO 21 FAT 16 CAR 40 Fresh fruits. CAL 41 PRO 0 FAT 0 CAR 9	265 120/150/ 70 80	Cauliflower and cheese cream soup (*A7). CAL 268 PRO 14 FAT 15 CAR 19 Vegetarian pasta bake (*A1,A7). CAL 481 PRO 19 FAT 21 CAR 53 Fresh fruits. CAL 55 PRO 1 FAT 0 CAR 14	250 230 80
Chocolate mousse (*A7). CAL 272 PRO 2 FAT 24 CAR 12	75	Potato pancakes with sour cream (*A1,A3,A7). CAL 303 PRO 9 FAT 10 CAR 43	175	Greek salad with rice crackers (* A7). CAL 265 PRO 11 FAT 13 CAR 27	245	Cottage cheese patties with sour cream and jam (*A1, A3, A7). CAL 368 PRO 15 FAT 9 CAR 31	180	Fresh berry milkshake (*A7). CAL 288 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 11