



Košice
International
School

Menu 21.10.2024 - 25.10.2024

monday

morning snack - plain yoghurt, granola, oranges
lunch - sour cabbage soup, turkey paprikash, pasta, fresh salad
afternoon snack - wholemeal bread, sheep cheese spread, spring onion

tuesday

morning snack - fruit salad, honey, nuts
lunch - ragu soup, pasta, poppy seeds, milk
afternoon snack - bread, chicken spread, fruit drink

wednesday

morning snack - guacamole, cucumber, breadsticks
lunch - parsnip soup, baked potatoes with minced meat, cabbage - carrot salad
afternoon snack - vanilla pudding with fruit

thursday

morning snack - fruit yoghurt, biscuits
lunch - oyster mushroom soup, pork with kale, slovak rice, tomato salad with carrot and celery
afternoon snack - pretzel, butter

friday

morning snack - wholemeal bread, tuna spread, peppers
lunch - lentil soup, vegetable frikadelle, boiled potatoes, yoghurt dip
afternoon snack - fruit buns

lunch B for this week - chicken with sweetcorn, rice, salad