



Košice  
International  
School

súkromná základná škola  
international school

# school lunch menu

18.03.2024–22.03.2024

## monday

morning snack: plain  
yoghurt, granola, pears

lunch: split pea soup with  
veg, creamy mushrooms,  
pasta, napa cabbage  
salad

afternoon snack:  
wholemeal bread, quark  
spread, tomatoes, fruit tea

## tuesday

morning snack: fruit-veg  
smoothie, chia seeds

lunch: vegetable soup,  
pork with kale, pasta-  
tarhona, carrot salad with  
lemon, quark dessert

afternoon snack: white roll,  
bean spread, kohlrabi, fruit  
drink

## wednesday

morning snack: sourdough  
bread, egg spread,  
peppers, black tea

lunch: irish soup,  
dumplings with sour  
cabbage, apples

afternoon snack: semolina,  
blueberries

## thursday

morning snack: fresh fruit  
mix, honey, nuts

lunch: potato soup,  
chicken paprikash, rice  
with sweetcorn, cucumber  
salad

afternoon snack: spelt  
carrot muffins, white  
coffee

## friday

morning snack: white roll,  
butter, radish, fruit tea

lunch: chicken soup,  
meatcakes with yoghurt  
dip, boiled potatoes, fresh  
salad

afternoon snack: fruit cake,  
clementines



THANK  
YOU

