



Košice
International
School

MENU

05/10/2026 - 09/10/2026



MONDAY

Morning snack - Rice porridge with fruit

Lunch - Cauliflower soup with vegetables, Carrot salad with honey and sweetcorn, Greengages, Pears** A) Turkey paprikash with pasta (side dish)
B) Green bean stew, Boiled potatoes, Boiled egg

Afternoon snack - Wholegrain bread roll, Butter and cheese, Tomatoes and peppers, Herbal tea



TUESDAY

Morning snack - Fruit salad with nuts and honey

Lunch - Creamy pea soup with croutons, Fruit yogurt Activia, Apples** A) Roast pork leg, Braised white cabbage, Buttered potatoes
B) Pasta with basil pesto, Tomato salad

Afternoon snack - Fruit

WEDNESDAY

Morning snack - Slice of bread, Cheese spread with radishes, Kohlrabi, Fruit tea

Lunch - Tomato & carrot soup, Milk* A) Baked rice pudding with custard and fruit, Milk
B) Pork meatloaf, Mashed potatoes, Stewed vegetable garnish

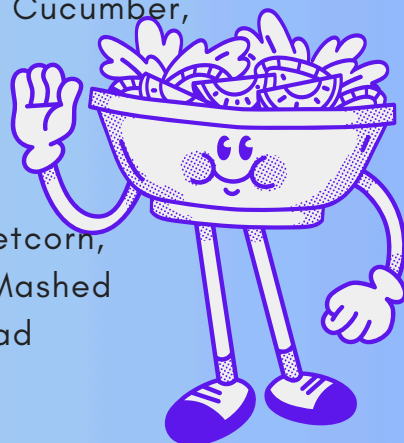
Afternoon snack - Bread roll, Chicken spread with egg, Cucumber, Fruit tea with honey and lemon

THURSDAY

Morning snack - Lemon overnight oats with chia seeds

Lunch - Chicken soup with fine noodles, Vegetable garnish - sweetcorn, carrot, lettuce, Milk* A) Butter-baked fish fillet, Asparagus sauce, Mashed potatoes with carrot B) Vegetable stew with egg, Slice of bread

Afternoon snack - Fruit



FRIDAY

Morning snack - Rice bread, Carrot spread with cheese and chives, Red bell pepper, Black decaf tea with lemon

Lunch - Creamy bean soup with milk, Iceberg lettuce salad with tomatoes and basil, Milk* A) Zucchini and mushrooms in tomato sauce, Egg barley /tarhona/
B) Chinese-style chicken, Steamed rice

Afternoon snack - Yeast raised fruit cake

* SCHOOL MILK PROGRAM WITH SUPPORT OF EU

** SCHOOL FRUIT PROGRAM WITH SUPPORT OF EU



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MENU

12/10/2026 - 16/10/2026

MONDAY

Morning snack - Cereals with nuts and milk

Lunch - Pea soup with vegetables, Quark mouse

A) Potato and pasta dish /Granadier/, Gherkin B) Chicken Stroganoff, Steamed rice

Afternoon snack - Bread roll with sheep cheese spread, Spring onion, Black decaf tea with honey



TUESDAY

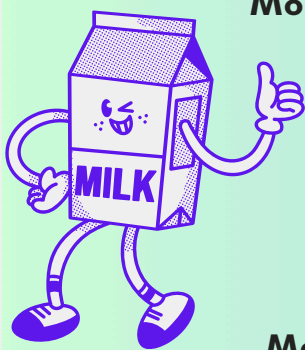
Morning snack - Corn bread with hummus, Carrot and kohlrabi, Fruit tea

Lunch - Potato and dill soup, Carrot salad with pineapple, Milk*

A) Chicken breasts with mushrooms, Steamed rice with sweetcorn

B) Spinach dumplings with cheese sauce

Afternoon snack - Fruit



WEDNESDAY

Morning snack - Apple puree with nuts and sponge biscuits

Lunch - Mushroom soup with small pasta, Mixed salad, Apples A) Beef liver in creamy vegetable sauce, Steamed yeast dumpling B) Vegetable risotto with grated cheese

Afternoon snack - Wholegrain bread roll, Cheese spread with herbs, Peppers and tomatoes, Herbal tea

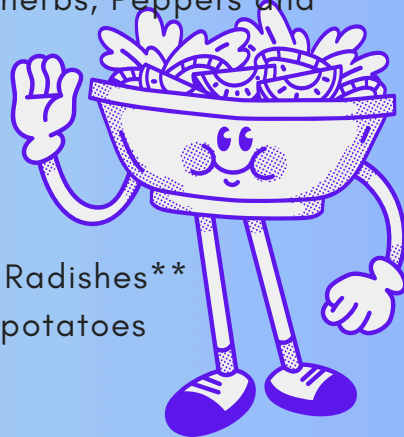
THURSDAY

Morning snack - Slice of bread, Honey spread, Barley drink with milk

Lunch - Sauerkraut and potato soup, Cucumber salad with yogurt, Radishes**

A) Baked cauliflower, Mashed potatoes B) Pork goulash, Buttered potatoes

Afternoon snack - Fruit



FRIDAY

Morning snack - Banana and strawberry salad, Granola with nuts

Lunch - Pumpkin-carrot soup with ginger and croutons, Beetroot salad with horseradish Apples **

A) Bratislava-style risotto with pork B) Filled dumplings with breadcrumbs

Afternoon snack - Croissant, Pear

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