



British School
of Bucharest

LUNCH MENU

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP / BROTHS

Beef Peasant Soup

Chicken Soup with Dumplings

Duck Sour Soup with Cabbage

Beef Meatball Soup

Turkey Sour Soup with Homemade Noodles

SOUP / BROTHS
VEGETARIAN OPTION

Wild Mushrooms Cream Soup

Tomato Cream Soup with Basil Pesto

Broccoli Cream Soup with Blue Cheese

Carrot and Ginger Cream Soup

Roasted Vegetable Cream Soup with Seed Mix

MAIN COURSE

Grilled Marinated Chicken Breast
Roast Beef with Vegetables and
Horseradish Sauce

Marinated Beef Meatballs
Shish Taouk Skewers with Turkey Leg

Baked Turkey Breast with BBQ Sauce
Fish Fingers with Tartar Sauce

Baked Duck Legs
Fresh Grilled Chicken Sausages

Grilled Boneless Chicken Leg
Mongolian Beef with Sesame and
Spring Onion

MAIN COURSE
VEGETARIAN OPTION

Potato Omelette

Breaded Cauliflower with Corn Sauce

Vegetarian Fajitas with Cheese

Falafel with Yogurt Sauce

Breaded Zucchini with Tzatziki Sauce

SIDE DISHES

Assorted Gratinated Vegetables
Basmati Rice with Scrambled Eggs

Mashed Potatoes with Crispy Onion
Bulgur with Roasted Kapia Peppers

Plain Potatoes with Lemon and Parsley
Spinach Mash with Fried Egg

Steamed Cabbage with Dill
Mashed Potatoes with Butter and Leeks

Noodles with Wood Ear Mushrooms
and Sweet Spicy Sauce
Dill and Parmesan Potato Wedges

SALAD / BUFFET

Fabio Cucumber Batonnets
Nicoise Salad with Tuna
Fresh Tomato Salad with Spring Onion
Cabbage Salad with Fresh Dill
Chicken Roulade with Vegetables
Blanched Sweet Corn
Mozzarella with Basil
Turkish Pickles

Assorted Seasonal Salad
Russian Salad
Red Bell Pepper Batonettes
Green Salad with Apples and Croutons
Eggplant Salad with Red Onion
Green Olives with Herbs
Carp Roe Salad
Oriental Salad

Caesar Salad with Chicken Breast
Horiatiki Salad
Beetroot Salad with Horseradish
Tomato Salad with Telemea Cheese
Vegetable Batons
Iceberg Salad with Cheese Dressing
Mixed Green Salad with Aromatic Seeds
Rocket Salad with Cherry Tomatoes and Parmesan Shavings

Vegetable Sticks
Caprese Salad
Cucumber Salad with Dill
Salmon Rolls with Cream Cheese
Roasted Red Pepper Hummus
Purple Potato and Cheddar Salad
Marinated Olives
Green Lentil Salad

Greek Salad
Eggplant Zacusca
Moroccan Salad
Couscous Tabbouleh with Vegetables
Mashed Beans with Onion Sauce
Marinated Kalamata Olives
Roasted Pepper Salad
Sweet Potato and Celery Salad

DESSERT / FRUIT

Red Velvet
Semolina with Milk and Strawberry Jam
Seasonal Fruits Platter

Brownie
Chia Pudding with Pineapple
Seasonal Fruits Platter

Vanilla and Chocolate Eclair
Kinder Milk Slice
Seasonal Fruits Platter

Apple Strudel
Fruit Panna Cotta
Seasonal Fruits Platter

Cheese and Raisin Pie
Caramel and Meringue Tart
Seasonal Fruits Platter

BREAD

Bread Rolls - Croutons

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