

25
2000-2025
Anniversary



LUNCH MENU

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP / BROTHS

Chicken Minestrone

Duck Consommé

Beef Goulash Soup

Turkey Noodle Soup with Homemade Noodles and Vegetables

Mediterranean Fish Soup

**SOUP / BROTHS
VEGETARIAN OPTION**

Vegetable Minestrone with Pesto

Tomato Soup with Basil and Herb Croutons

Broccoli Soup with Gorgonzola

Red Lentil Soup with Lemon and Coriander

Pea Soup with Mint and Croutons

MAIN COURSE 1

Turkey Meatballs with Herbs and Marinara Sauce

Oven-Baked Chicken Gratin with Mushrooms and Cheese

Honey Mustard-Glazed Chicken Breast

Cheesy Beef Burrito

Fried Fish Fillet

MAIN COURSE 2

Orange-Glazed Chicken

Teriyaki Beef Stir-Fry

Oven-Baked Hake Provençal

Oven-Baked Turkey Strips

Gyros-Style Baked Chicken

**MAIN COURSE
VEGETARIAN OPTION**

Indian Butter Chickpeas

Mediterranean Ratatouille

Baked Sweet Potatoes with Whipped Feta, Spiced Chickpeas & Green Tahini

Penne Quattro Formaggi

Tuscan Creamy Vegan Gnocchi

SIDE DISHES

Parmesan Mashed Potatoes
Steamed Vegetables with Fried Rice

Lemon Herb Couscous
Grilled Vegetables with Balsamic Vinegar

Rosemary Baked Potatoes
Green Beans with Chargrilled Peaches

Fiesta Corn Salad
Assorted Tempura Veggies

French Fries
Sautéed Spinach with Garlic and Lemon

SALAD / BUFFET

Salsa Salad with Cherries, Mango and Parsley
Mixed Green Salad with Pomegranate Dressing
Carrot and Orange Salad with Flaxseeds
Red Cabbage and Apple Salad

Beetroot and Rocket Salad with Feta Cheese
Baby Spinach and Cherry Tomato Salad with Lemon Dressing
Tomato and Mozzarella Salad with Fresh Basil
Cucumber and Greek Yoghurt Salad

Red Cabbage and Carrot Salad with Mustard Dressing
Courgette Salad with Olives
Mixed Vegetable Salad with Pomegranate Dressing
Rocket and Cherry Tomato Salad with Parmesan

Cucumber and Tomato Salad with Kalamata Olives
Rainbow Quinoa Salad
Roasted Aubergine Salad with Tahini
Coleslaw Salad

Carrot and Apple Salad with Honey and Ginger Dressing
Green Salad with Avocado and Pumpkin Seeds
Cucumber and Dill Salad with Yoghurt
Greek Salad

DESSERT / FRUIT

Panna Cotta with Berries and Chocolate Sauce
Dark Chocolate and Sea Salt Biscuits

Classic Tiramisu
Vanilla Pudding with Caramel Sauce

Lemon Tart
Chocolate Mousse

Blueberry Cannoli
Carrot Cake with Dried Fruits

Lemon and Berry Cheesecake
Apricot Jam Crêpes

BREAD

Bread Rolls - Croutons

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LUNCH MENU

WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP / BROTHS

Greek-Style Chicken Soup

Beef and Seasonal Vegetable Soup with Potatoes

Chicken Soup with Semolina Dumplings

Turkey and Seasonal Vegetable Soup

Fish Soup with Vegetables and Lemon

SOUP / BROTHS VEGETARIAN OPTION

Vegetable Saffron Rice Soup

Carrot and Ginger Cream Soup

Zucchini Cream Soup with Cinnamon

Chickpea Soup with Coriander and Lemon

Cauliflower Soup with Sesame Seeds
and Lime

MAIN COURSE 1

Chicken Cacciatore

Herb-Baked Salmon

Chicken Parmigiana

Grilled Fish Fillet with Lemon Herb Sauce

Roast Beef with Spanish Sauce

MAIN COURSE 2

Beef Meatballs with Marinara
Sauce

Roasted Chicken with Honey Mustard
Sauce

Grilled Kebab Skewers with Vegetables

Orange Turkey Tender Pops

Lamb Shepherd's Pie

MAIN COURSE VEGETARIAN OPTION

Fusilli with Ricotta and Spinach in
Parmesan Sauce

Stir-Fried Tofu with Vegetables

Tri-Coloured Pasta Salad with
Mediterranean Vegetables

Cauliflower Curry with Edamame and
Coconut Milk

Quinoa Salad with Roasted Vegetables
and Feta

SIDE DISHES

Fresh Vegetable Rice
Steamed Vegetables with Herbs

Rosemary-Baked Potatoes
Grilled Vegetables with
Balsamic Vinegar

Mashed Potatoes with Butter and
Parmesan
Steamed Broccoli with Lemon Sauce

Green Vegetable Rice
Mixed Green Beans with
Mushrooms

Mashed Potatoes with Crispy Onions
Sautéed Spinach with Garlic

SALAD / BUFFET

Tomato and Buffalo Mozzarella Salad
Raw Vegetable Salad with Lemon
Honey Dressing
Baby Spinach Salad with Cranberries
Cucumber and Cherry Tomato Salad
with Mint

Beetroot and Green Apple Salad
Grilled Vegetable Salad with Basil Dressing
White Cabbage and Dill Salad with
Olive Oil
New Potato Salad with Red Onion
and Parsley

Cucumber and Cherry Tomato Salad with
Yoghurt and Dill
Carrot and Apple Salad with
Orange Dressing
Roasted Beetroot and Goat's Cheese Salad
Spinach and Lemon Salad with
Sesame Seeds

Tomato and Cucumber Salad with
Mint and Yoghurt
Carrot and Orange Salad with
Golden Raisins
Broccoli and Garlic Salad with Soy Sauce
Cabbage and Carrot Salad with
Sesame Dressing

Green Salad with Radishes and Avocado
Grilled Vegetable Salad with Feta
and Olives
Spinach and Feta Salad with
Sesame Seeds
Tomato and Red Onion Salad with
Fresh Basil

DESSERT / FRUIT

Greek Custard Pie
Vanilla Cream Tart

Lemon Meringue Tart
Belgian Chocolate Mousse

Blueberry Muffins
Carrot Cake with Cream Cheese Frosting

Chocolate Banana Pudding
Honey Parfait with Poached Pears

White Chocolate and Raspberry
Cheesecake
Coconut Brownies

BREAD

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British School
of Bucharest

LUNCH MENU

WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP / BROTHS

Chicken and Corn Soup with Coriander

Beef and Sweet Potato Soup with Rosemary

Chicken and Spinach Soup with Garlic

Turkey and Wild Rice Soup with Mushrooms

Spanish Fish Soup with Saffron and Fennel

SOUP / BROTHS VEGETARIAN OPTION

Vegetable Quinoa Soup with Lime

Tomato and Fresh Basil Soup with Parmesan

Red Lentil Soup with Cumin

Creamy Mushroom and Seed Mix Soup

Andalusian Gazpacho with Fresh Vegetables

MAIN COURSE 1

Oven-Roasted Chicken with Herbes de Provence

Beef Schnitzel with Parmesan

Grilled Turkey Breast with Herbs

Tandoori Chicken

Chicken and Roasted Pepper Paella

MAIN COURSE 2

Salmon Skewers with Teriyaki and Sesame Seeds

Chicken Lasagne

Slow-Cooked Duck Leg with Orange Sauce

Pan-Seared Hake Fillet with Herbs

Chimichurri Beef Skewers

MAIN COURSE VEGETARIAN OPTION

Frittata with Spinach and Goat's Cheese

Vegetarian Stuffed Peppers with Tomato Sauce

Wild Mushroom Stroganoff with Parmesan Polenta

Vegetable Curry with Coconut Milk

Spanish Potato and Onion Tortilla

SIDE DISHES

Cinnamon-Baked Sweet Potatoes
Steamed Vegetables with Truffle Dressing

Garlic and Rosemary Baked Potatoes
Roasted Root Vegetables with Calypso Sauce

Basmati Rice with Raisins
Braised Red Cabbage with Balsamic Vinegar

Lemon and Olive Rice
Grilled Vegetables with Yoghurt Mint Dressing

Couscous with Grilled Peaches and Balsamic Vinegar
Cauliflower and Broccoli Dauphinoise

SALAD / BUFFET

Carrot and Lemon Salad with Sesame Seeds
Spinach and Orange Salad with Cranberries
Beetroot and Yoghurt Salad with Dill
Cucumber and Cherry Tomato Salad with Mint and Lime

Raw Vegetable Salad with Raisins
Tomato and Mozzarella Salad
Cabbage and Carrot Salad with Yoghurt Dressing
Root Vegetable Pate

Tomato and Basil Salad with Balsamic Dressing
Cucumber and Dill Salad with Greek Yoghurt
Bell Pepper and Red Onion Salad with Lime Dressing
Rocket and Parmesan Salad with Truffle Dressing

Carrot and Coriander Salad with Oranges
Chickpea and Cherry Tomato Salad with Basil
Cucumber and Yoghurt Salad with Garlic
Cabbage and Carrot Salad with Tahini

Tomato and Olive Salad with Extra Virgin Olive Oil
Roasted Pepper and Caper Salad
Caesar Salad
Rocket and Parmesan Salad with Balsamic Dressing

DESSERT / FRUIT

Tropical Fruit Pavlova
Apple Tart with Cinnamon and Vanilla

Granola Bars with Cranberry
Chia Pudding with Coconut Milk and Fresh Fruits

Mango Sticky Rice
Pain au Raisin

Sicilian Cannoli
Carrot Cake with Cream Cheese Frosting

Oreo Cake
Blueberry Jam Crêpes

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LUNCH MENU

WEEK 4

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP / BROTHS

Chicken Noodle Soup with Asian Vegetables

Beef Soup with Garden Vegetables

Chicken and Lentil Soup with Coriander

Turkey Noodle Soup

Moroccan Fish Soup

**SOUP / BROTHS
VEGETARIAN OPTION**

Asian Vegetable Soup with Tofu

Roasted Bell Pepper Cream Soup

Roasted Butternut Squash Cream Soup

Miso Soup

Harira Lentil and Chickpea Soup

MAIN COURSE 1

Beef Teriyaki

Fried Fish with Tartare Sauce

Chicken Curry with Coconut Milk and Lime

Asian Beef Stir-Fry with Soy and Ginger Sauce

Tex-Mex Chicken Breast

MAIN COURSE 2

Chicken Satay Skewers with Soy and Lime

Mediterranean Grilled Chicken Breast

Turkey Breast with Spinach and Parmesan

Smoky Chicken Fajita Delight

Chilli Con Carne with Mozzarella Topping

**MAIN COURSE
VEGETARIAN OPTION**

Tofu Stir-Fry with Vegetables and Soy Sauce

Vegetarian Shepherd's Pie with Lentils and Vegetables

Vegetable Curry with Chickpeas and Spinach

Vegetable Noodles with Teriyaki Sauce

Grilled Halloumi with Quinoa and Avocado

SIDE DISHES

Vegetable Fried Rice
Honey-Glazed Baby Carrots with Ginger and Garlic

Sea Salt French Fries
Steamed Peas and Edamame with Mint

Basmati Rice with Coconut
Gnocchi with Cheese Sauce

Fried Rice with Omelette
Steamed Vegetables with Soy and Garlic Sauce

Mixed Green Beans with Cranberry and Yeast Flakes
Rainbow Quinoa with Pico de Gallo

SALAD / BUFFET

Carrot and Ginger Salad with Sesame
Cucumber and Sesame Salad with Soy Sauce
Chinese Cabbage Salad with Lime Dressing
Bell Pepper and Spring Onion Salad with Sesame Dressing

Cucumber and Mint Salad with Yoghurt
British Green Salad with Mustard Dressing
Tomato and Red Onion Salad with Fresh Basil
Carrot and Apple Salad with Orange Dressing

Cucumber and Yoghurt Salad with Mint
Tomato and Coriander Salad with Lime Dressing
Carrot and Lemon Salad with Raisins
Cabbage and Carrot Salad with Yoghurt Dressing

Cucumber Salad with Soy Sauce
Carrot and Ginger Salad
Fried Corn with Butter and Herbs
Mixed Green Salad with Parmesan

Tabbouleh
Tomato and Cucumber Salad
Chickpea and Olive Salad
Rocket and Parmesan Salad

DESSERT / FRUIT

Matcha Cheesecake
Churros with Chocolate Sauce

Scones with Strawberry Jam
Berry Trifle

Marble Cake
Kheer Rice Pudding

Tapioca with Coconut Milk
Sponge Cake

Baklava
Mango Milk Pudding

BREAD

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