



British School  
of Bucharest

# LUNCH MENU

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soups</b>	Turkey Soup with Vegetables and Basmati Rice Roasted Tomato and Basil Soup	Beef Noodle Soup Cream of Chickpea Soup	Meatball Soup with Vegetables Cream of Mushroom Soup	Greek-Style Chicken Soup Cream of Spinach Soup	Mediterranean Fish Soup Rice and Vegetable Soup
<b>Main Course 1</b>	Chicken Breast in Orange Sauce, Couscous with Roasted Vegetables and Tabbouleh Salad	Breadcrumb-Crusted Chicken Thigh, Vegetable Gratin and Cucumber & Dill Salad	Roast Turkey Breast, Lemon Jasmine Rice and Beetroot & Orange Salad	Parmesan Beef Schnitzel, Vegetable Bulgur and Cucumber Salad with Lemon & Dill	Chicken Lasagne with Mixed Greens and Honey & Yoghurt Dressing
<b>Main Course 2</b>	Oven-Baked Sea Bream Fillet, Parsley Mashed Potatoes and Tomato & Cucumber Salad	Roast Beef, Sautéed Green Beans & Mushrooms and Coleslaw	Beef Skewers, Wok Vegetables with Sweet Soy Sauce and Red Cabbage & Pomegranate Salad	Grilled Chicken Breast, Sautéed Spinach and Cherry Tomato, Sweetcorn & Spring Onion Salad	Turkey Paella with Roasted Peppers and Beetroot & Parsley Salad
<b>Vegetarian Main Course</b>	Vegetarian Moussaka with Aubergine, Potatoes and Lentils	Pasta with Spinach Pesto	Mushroom Stroganoff	Pear, Caramelised Onion and Feta Tart	Vegetable Curry with Coconut Milk
<b>Dessert 1</b>	Layered Cream Cake in a Glass	Chocolate Muffins	Semolina Pudding	Sour Cherry Sponge Cake	Vanilla & Chocolate Rice Pudding
<b>Dessert 2</b>	Vanilla Croissant	Carrot Cake	Yoghurt and Raspberry Cake	Tiramisu Dessert Cup	Sweet Cheese Pie

