British School of Bucharest

LUNCH MENU 2026 - 2027

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP / BROTHS	Turkey Soup with Vegetables & Basmati Rice	Beef Soup	Meatball Soup with Vegetables	Greek-Style Chicken Soup	Mediterranean Fish Soup
VEGETARIAN SOUP	Creamy Roasted Tomato Soup with Basil	Creamy Chickpea Soup	Creamy Mushroom Soup	Creamy Spinach Soup	Rice & Vegetable Soup
MAIN COURSE 1	Oven-Baked Sea Bream Fillet	Roast Beef	Roast Turkey Breast	Beef Schnitzel with Parmesan	Chicken Lasagne
MAIN COURSE 2	Chicken Breast in Orange Sauce	Breaded Chicken Thighs	Beef Skewers	Grilled Chicken Breast	Turkey Paella with Roasted Peppers
VEGETARIAN MAIN	Vegetarian Moussaka with Aubergine, Potatoes & Lentils	Pasta with Spinach Pesto Sauce	Mushroom Stroganoff	Feta Tart with Pear and Caramelised Onion	Vegetable Curry with Coconut Milk
SIDE DISHES	Couscous with Roasted Vegetables / Mashed Potatoes with Parsley	Sautéed Green Beans / Vegetable Gratin	Jasmine Rice with Lemon / Stir-Fried Vegetables with Sweet Soy Sauce	Bulgur with Vegetables / Sautéed Spinach	Dauphinoise Potatoes / Mixed Steamed Vegetables
SALAD / BUFFET	Beetroot with Goat's Cheese / Tabbouleh / Coleslaw with Vegan Mayonnaise / Green Mix with Yoghurt & Lemon Dressing	Tomato & Cucumber Salad / Carrot Salad with Raisins & Honey / Cucumbers with Dill / Green Mix with Rocket & Cranberries	Greek Salad / Beetroot & Orange Salad / Red Cabbage with Pomegranate Salad / Green Mix with Sesame Seeds	Cucumbers with Lemon & Dill / Carrot & Ginger Salad / Cherry Tomatoes with Sweetcorn & Spring Onion / Green Mix with Mango Dressing	Quinoa with Red Pepper / Beetroot with Parsley / Cucumbers with Yoghurt Sauce / Green Mix with Yoghurt & Honey Dressing
DESSERT / FRUIT	Cocoa Pudding with Banana / Chia pudding with berries	Panna Cotta with Forest Fruit Topping / Banana & Oat Muffins	Pancakes with Jam / Cocoa-Glazed Brownie	Lemon Meringue Tart / Vanilla Cream with Fresh Fruit	Yogurt Parfait with Apples & Poached Pears / Tapioca with Coconut Milk
BREAD	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons