

BRITISH SCHOOL OF TIRANA

FOOD MENU AUTUMN

Lunch menu 17 September until 31st
of October 2018



Healthy • Wide Variety • Yummu

	Monday 17th Sept	Tuesday 18th Sept	Wednesday 19th Sept	Thursday 20th Sept	Friday 21st Sept
Main Meal	Pasta and fish fillet	Carrots, potatoes and chickpeas stew	Oven baked vegetables	Oven baked meat balls	Home- made pie (filled with tomatoes and onions)
Vegetarian	Vegetable soup	Fine Pasta Soup	Kidney beans soup	Creamy peas soup Rice	Red lentils soup
Served with	Seasonal salad	Salad	Lettuce and shredded carrot salad	Tomato sauce	Yogurt Drink
Deli Sandwich	Whole wheat bread loaf	Whole wheat bread loaf And cheese spread	Whole wheat bread loaf And cheese spread	Whole wheat bread loaf And cheese spread and salad	
Pudding	Fruit Pot	Fruit Pot	Fruit pot	Fruit Pot	Fruit Pot

	Monday 24th Sept	Tuesday 25th Sept	Wednesday 26th Sept	Thursday 27th Sept	Friday 28th Sept
Main Meal	Macaroni soup with veal	Roasted Chicken fillet	Pasta and meatballs (veal mincemeat)	Rice soup (eggs and lemon sauce)	Cannellini beans stew
Vegetarian	Oven baked vegetables	Spinach creamy soup	Broccoli soup	Vegetable filled pitta bread	Boiled vegetables
Served with	Carrot salad	Cucumber and olives salad Rice	Pasta Tomato Salad	Mixed salad	Rice
Deli Sandwich	Bruschetta	Whole wheat bread loaf and cheese spread	Whole wheat bread loaf and tomato spread		Flavored butter and avocado spread sandwich
Pudding	Lemon Cake	Fruit Pot and biscuits	Chocolate Mousse	Pancake / jam spread	Apple cake

	Monday 1st Oct	Tuesday 2nd Oct	Wednesday 3rd Oct	Thursday 4th Oct	Friday 5th Oct
Main Meal	Fish fillet and potato mash	Oven baked Bolognese pasta	Veal and yogurt bake	Oven baked Chicken and rice	White cream chicken soup
Vegetarian	Rice and carrot soup	Red lentils soup	Mixed grains and herbs soup	Pumpkin soup	Cheese pie
Served with	Seasonal salad	Boiled vegetables salad	Cucumber and olives salad	Beans salad	Beetroot salad
Deli Sandwich	Whole wheat bread loaf and beans spread	Whole wheat bread loaf And cheese spread	Whole wheat bread loaf olive oil and herbs spread	Beans spread on toast	Homemade bread and flavored butter
Pudding	Banana Cake	Banana yogurt drink	Chocolate Pudding	Home made biscuits	Apple Cake

	Monday 8th Oct	Tuesday 9th Oct	Wednesday 10th Oct	Thursday 11th Oct	Friday 12th Oct
Main Meal	Cheese pasta	Chicken fillet Oven baked potatoes	Veal fillet	Fish and vegetables soup	Broccoli and chicken soup
Vegetarian	Leak and beans soup	Cauliflower creamy soup	Kidney beans stew	Cheese filled small pies	Vegetarian couscous
Served with	Boiled mixed vegetables	Mixed cabbage salad	Rice Boiled potatoes	Carrot sticks and yogurt drink	Olives and oranges winter salad
Deli Sandwich	Lentils spread and green leaves sandwich	Whole wheat bread loaf and cheese spread	Whole wheat bread loaf and pesto spread		Flavored butter and avocado spread sandwich
Pudding	Orange Cake	Fruit and biscuits	Pudding	Pancake / jam spread	Apple cake

	Monday 15th Oct	Tuesday 16th Oct	Wednesday 17th Oct	Thursday 18th Oct	Friday 19th Oct
Main Meal	Macaroni soup with veal mince meat	Chicken fillet	Pasta and meatballs (veal mincemeat)	Rice soup (eggs and lemon sauce)	Kidney beans stew
Vegetarian	Oven baked vegetables	Spinach creamy soup	Broccoli soup	Vegetable filled pitta bread	Boiled vegetables
Served with	Carrot salad	Cucumber and olives salad Rice	Pasta Tomato Salad	Mixed salad	Rice
Deli Sandwich	Bruschetta	Whole wheat bread loaf and cheese spread	Whole wheat bread loaf and tomato spread		Flavored butter and avocado spread sandwich
Pudding	Cake	Fruit and biscuits	Pudding	Pancake / jam spread	Apple cake