



Košice
International
School

MENU

28/09/2026 - 02/10/2026



MONDAY

Morning snack – Pastry roll filled with sweet quark, Barley drink with milk and honey

Lunch – Creamy broccoli soup, Tomato salad, Natural yogurt

A)Vegetable risotto B)Chicken breasts with pineapple, Buttered potatoes

Afternoon snack – Bread roll, Cream cheese spread, Leek, Fruit tea with honey, Kiwi

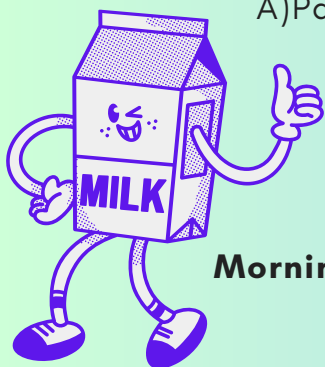
TUESDAY

Morning snack – Fruit salad with yogurt and oats

Lunch – Fish soup with peppers, tomatoes and potatoes, Mixed salad

A)Pan-seared chicken breast, Butter-grilled green beans with garlic,
Baked potatoes B)Small pasta squares with cabbage

Afternoon snack – Zucchini gingerbread cake, Vanilla milk



WEDNESDAY

Morning snack – Whole-grain bread, Cod liver spread, Tomatoes,
Fruit tea with honey and lemon

Lunch – Root vegetable soup, Apples, Milk*

A)Potato dumplings with sheep cheese/bryndza, Milk B)Pork stew, Pasta (side dish)

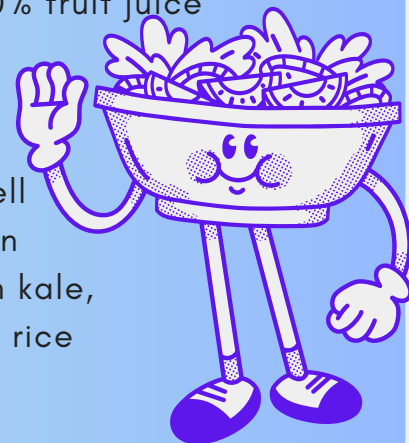
Afternoon snack – Sandwich with assorted toppings, 100% fruit juice

THURSDAY

Morning snack – Breadsticks, Quark spread with carrot, Red bell
peppers and cucumbers, Black decaf tea with honey and lemon

Lunch – Creamy milk-based lentil soup, Pear** A)Braised beef with kale,
Steamed egg barley /tarhona/, Gherkin B)Tofu goulash, Steamed rice

Afternoon snack – Fruit



FRIDAY

Morning snack – Rye bread, Butter spread with grated cheese, Radishes, Herbal tea

Lunch – Vegetable soup, Vegetable garnish (sweetcorn, carrot, cabbage), Apple**

A)Pork meatballs with tomato sauce, Mashed potatoes

B) Steamed broccoli, Cheese sauce, Mashed potatoes

Afternoon snack – Quark dessert, Plum

* SCHOOL MILK PROGRAM WITH SUPPORT OF EU

** SCHOOL FRUIT PROGRAM WITH SUPPORT OF EU