



VERITA INTERNATIONAL SCHOOL OF BUCHAREST
WEEKLY MEAL PLAN FOR 07th of January 2019 - 11th of January 2019

	MORNING SNACK	LUNCH		AFTERNOON SNACK
		SOUP	MAIN COURSE	
MONDAY 07.01.2019	Fresh fruits	Zucchini cream soup with croutons	Pasta with tomato sauce	Cake with berries
TUESDAY 08.01.2019	Fresh fruits	Chicken soup with noodles	Chicken ostropel with basmati rice	Croissants with jam
WEDNESDAY 09.01.2019	Fresh fruits	Carrot cream soup with croutons	Fish with cous cous and tomato salad	Yogurt
THURSDAY 10.01.2019	Fresh fruits	Minestrone soup	Marinated meatballs with mashed potatoes and cucumber salad	Croissant
FRIDAY 11.01.2019	Fresh fruits	Tomato cream soup with croutons	chicken legs with grilled vegetables	Milk with rice

Please note that changes can occur.



VERITA INTERNATIONAL SCHOOL OF BUCHAREST
WEEKLY MEAL PLAN FOR 07th of January 2019 - 11th of January 2019
VEGETARIAN / VEGAN MENU

	MORNING SNACK	LUNCH		AFTERNOON SNACK
		SOUP	MAIN COURSE	
MONDAY 07.01.2019	Fresh fruits	Zucchini cream soup with croutons	Pasta with tomato sauce	Vegan sweets, gluten free
TUESDAY 08.01.2019	Fresh fruits	Vegetables soup with noodles	Tofu with basmati rice	Vegan sweets, gluten free
WEDNESDAY 09.01.2019	Fresh fruits	Carrot cream soup with croutons	Cous cous with basmati rice and mushrooms	Vegan sweets, gluten free
THURSDAY 10.01.2019	Fresh fruits	Minestrone soup	Marinated veggieballs with mashed potatoes and cucumber salad	Vegan sweets, gluten free
FRIDAY 11.01.2019	Fresh fruits	Tomato cream soup with croutons	Tofu with grilled vegetables	Vegan sweets, gluten free

Please note that changes can occur.

SCOALA INTERNATIONALA VERITA BUCURESTI
MENIU SAPTAMANAL 07 ianuarie 2019 - 11 ianuarie 2019

	GUSTARE	PRANZ		GUSTARE
		SUPA	FEL PRINCIPAL	
LUNI 07.01.2019	Fructe proaspete	Supa crema de dovlecei cu crutoane	Paste cu sos tomat si busuioc	Pandispan cu fructe de padure
MARTI 08.01.2019	Fructe proaspete	Supa de pui cu fidea	Ostropel de pui cu orez basmati	Cornulete cu gem
MIERCURI 09.01.2019	Fructe proaspete	Supa crema de morcov cu crutoane	Salau la cuptor cu cous cous si salata de rosii	Fursecuri
JOI 10.01.2019	Fructe proaspete	Supa minestrone	Chiftelute marinate cu piure de cartofi si salata de castraveciori acri	Croissant
VINERI 11.01.2019	Fructe proaspete	Supa crema de rosii cu crutoane	Pulpe de pui cu legume cu legume la gratar si salata	Orez cu lapte

Meniul poate fi modificat fara notificari prealabile

SCOALA INTERNATIONALA VERITA BUCURESTI
MENIU SAPTAMANAL 07 ianuarie 2019 - 11 ianuarie 2019
MENIU VEGETARIAN / VEGAN

	GUSTARE	PRANZ		GUSTARE
		SUPA	FEL PRINCIPAL	
LUNI 07.01.2019	Fructe proaspete	Supa crema de dovlecei cu crutoane	Paste cu sos tomat si busuioc	Dulciuri vegane, fara gluten
MARTI 08.01.2019	Fructe proaspete	Supa de legume cu fidea	Tofu la cuptor cu orez basmati si sos tomat	Dulciuri vegane, fara gluten
MIERCURI 09.01.2019	Fructe proaspete	Supa crema de morcov cu crutoane	Cous cous si salata de rosii si ciuperci	Dulciuri vegane, fara gluten
JOI 10.01.2019	Fructe proaspete	Supa minestrone	Chiftelute de legume cu piure de cartofi si salata de castraveti	Dulciuri vegane, fara gluten
VINERI 11.01.2019	Fructe proaspete	Supa crema de rosii cu crutoane	Tofu cu legume la gratar	Dulciuri vegane, fara gluten

Meniul poate fi modificat fara notificari prealabile