



ÉTLAP BRITANNICA INTERNATIONAL SCHOOL

HÉT

DÁTUM

3

	HÉTFŐ	KEDD	SZERDA	CSÜTÖRTÖK	PÉNTEK
TÍZÓRAI	BROWN BUN WITH CHEESE CREAM,HARD BOILED EGG AND PAPRIKA	CHEESE PASTRY WITH APPLE	HAM AND CHEESE TOAST WITH WHOLE GRAIN BREAD	OAT PORRIDGE WITH DRIED APPRICOT	COTTAGE CHEESE WITH HERBS, VEGETABLE STRIPS AND WHOLE GRAIN BREAD
LEVES	TOMATO SOUP	MEXICAN BEAN SOUP	PUMPKIN SOUP WITH FETA CHEESE	CREAMY MUSHROOM SOUP WITH LEEK AND CROUTONS	CREAMY CAULIFLOWER SOUP WITH SOUP PEARLS
FŐÉTEL 1	SEA FISH FILLET WITH BROCCOLI AND CHEESE, JASMINE RICE	TURKEY VADAS RAGOUT WITH PASTA AND GREEN BEANS	CHICKEN TIKKA MASALA WITH ROASTED PEPPERS WITH CHICKPEAS, JASMINE RICE	TURKEY WITH RATATOUILLE RAGOUT,BULGUR AND STEAMED GREEN PEAS	OVEN-BAKED CHICKEN NUGGETS WITH GREEK SALAD AND RICE
FŐÉTEL 2	BURITTO PULYKAHÚSSAL GUACAMOLE ÉS SZÍNES PAPRIKA SALÁTA	BBQ CSIRKECOMB PARÁZSBURGONYÁVAL ÉS PÁROLT KUKORICÁVAL	KEMENCÉS RÁNTOTT SERTÉSSZELET PARADICSOMMAL,SAJTAL SÜTVE BURGONYAPÜRÉVEL	PANKÓBAN SÜLT CSIRKEMELL FILÉ JÁZMIN RIZZSEL ÉS ŐSZIBARACK KOMPÓTTAL/ FRISS KÁPOSZTA SALÁTA	FARFALLE PRIMAVERA WITH POULTRY AND MOZZARELLA CHEESE
VEGETÁRIÁNUS FŐÉTEL	MANDU WITH VEGETABLE RICE AND SOYA	FRIED ZUCCHINI WITH STEAK POTATO AND TARTARE SAUCE	CHANA MASALA WITH RICE	CHILLI&HONEY GNOCCHI WITH SOYA	GRAPE LEAFS STUFFED WITH RICE,STEAK POTATO AND TOMATO RAGOUT WITH FETA CHEESE

JÓ ÉTVÁGYAT KÍVÁNUNK!