



SCHOOL MENU

26 – 30 January 2026

DINING MENUS: KG = Kindergarten breakfast, S = morning snack, L reg. = regular lunch, L veg. = vegetarian lunch, AC/S = General afternoon snack, KS = Kindergarten snack

MONDAY	KG	Millet porridge with milk with dried cranberries ^{*7} , apple	
	S	Millet porridge with milk with dried cranberries ^{*7} , apple	
	L reg.	Chickpea soup ^{*1a,3} , salmon in cream sauce ^{*4,1a,7} , spelt noodles ^{*1a,3} , ^{*7} , sweet corn salad, orange	
	L veg.	Chickpea soup ^{*1a,3} , salmon in cream sauce ^{*4,1a,7} , spelt noodles ^{*1a,3} , ^{*7} , sweet corn salad, orange	
	AC/S	Coloured bread ^{*1a} , chicken breast ham, cheese ^{*7} , gherkins, fruit tea	
	KS	Coloured bread ^{*1a} , chicken breast ham, cheese ^{*7} , gherkins, fruit tea	
TUESDAY	KG	Slanik bread ^{*1a} , fruit smoothie ^{*7} , almonds ^{*8}	
	S	Slanik bread ^{*1a} , fruit smoothie ^{*7} , almonds ^{*8}	
	L reg.	Beef soup with noodles ^{*1a,3} , meatballs in tomato sauce ^{*1a,3} , mashed potato ^{*7} , mixed salad	
	L veg.	Leek soup ^{*1a} , lentil meatballs in tomato soup ^{*1a,3} , mashed potato ^{*7} , mixed salad	
	AC/S	Brown croissant ^{*1a} , pineapple juice	
	KS	Brown croissant ^{*1a} , pineapple juice	
WEDNESDAY	KG	Brown bread ^{*1a} , tuna spread ^{*4,7,10,3} , fresh pepper, lemonade, banana	
	S	Brown bread ^{*1a} , tuna spread ^{*4,7,10,3} , fresh pepper, lemonade, banana	
	L reg.	Spinach soup ^{*1a,3} , chicken chop suey ^{*6} , boiled rice, cabbage & carrot salad	
	L veg.	Spinach soup ^{*1a,3} , vegetarian chop suey ^{*6} , boiled rice, cabbage & carrot salad	
	AC/S	Wholemeal grissini ^{*1a} , cottage cheese ^{*7} , carrots, kohlrabi, pear	
	KS	Wholemeal grissini ^{*1a} , cottage cheese ^{*7} , carrots, kohlrabi, pear	
THURSDAY	KG	Cottage cheese burek ^{*1a,7,3} , clementine	ŠS – Yoghurt ^{*7}
	S	Cottage cheese burek ^{*1a,7,3} , clementine	ŠS – Yoghurt ^{*7}
	L reg.	Tuscan bean stew ^{*1a} , coloured bread ^{*1a} , buckwheat pancakes with chocolate ^{*1a,b,3,7,8,5,6} , fresh fruit	
	L veg.	Tuscan bean stew ^{*1a} , coloured bread ^{*1a} , buckwheat pancakes with chocolate ^{*1a,b,3,7,8,5,6} , fresh fruit	
	AC/S	Poppy seed roll ^{*1a} , apple	
	KS	Poppy seed roll ^{*1a} , apple	
FRIDAY	KG	Oat bread ^{*1a} , ham, cheese ^{*7} , rocket & lettuce, orange juice with water	
	S	Oat bread cake ^{*1a} , ham, cheese ^{*7} , rocket & lettuce, orange juice with water	
	L reg.	Turkey steak in natural sauce ^{*1a} , spelt svaljki ^{*1a,12,3} , beetroot, bean & cabbage salad, fresh fruit	
	L veg.	Vegetable moussaka ^{*1a,3,7,6} , beetroot, bean & cabbage salad, fresh fruit	
	AC/S	Corn bread, yoghurt with cereal ^{*7,1a,b,c,d}	
	KS	Corn bread, yoghurt with cereal ^{*7,1a,b,c,d}	

ENJOY YOUR MEAL!

* In emergency situations, we reserve the right to change the menu **The menu is designed for learners without food allergies. ***The allergens added to the food are marked with numbers after the food. Due to possible cross-contamination, prepared dishes may contain traces of the following allergens: 1 cereals containing gluten (1a from wheat and spelt, 1b from rye, 1c from barley and 1d from oats), 2 crustaceans, 3 eggs, 4 fish, 5 peanuts, 6 soya, 7 milk & dairy products, 8 nuts, 9 leaf green, 10 mustard seed, 11 sesame seed, 12 sulphur dioxide, 13 lupines, 14 molluscs. Every day we offer different kinds of bread, which may contain the allergens *1a-d,6,3,7,8. ****Organic foods are marked in **bold**. ŠS – additional food from the EU school scheme.

Chinese Cuisine

Chinese cuisine is very diverse and is based on balance – of flavours, colours, and cooking methods. Its main characteristics include:

- **Staple foods:** rice (especially in the south), wheat and noodles (more common in the north), vegetables, tofu, fish, as well as pork and chicken.
- **Cooking methods:** quick stir-frying in a wok, steaming, braising, and deep-frying.
- **Flavours:** great importance is placed on balancing sweet, salty, sour, bitter, and spicy tastes. Common ingredients include soy sauce, ginger, garlic, sesame, and rice wine.
- **Regional cuisines:**
 - *Sichuan* – spicy and aromatic
 - *Cantonese* – mild flavours, fresh ingredients
 - *Shanghai* – slightly sweet
 - *Northern Chinese* – more noodles and dumplings
- **Philosophy:** food is closely connected to traditional Chinese medicine (yin–yang) and emphasizes balance and seasonality.

