

QSI



**QSI INTERNATIONAL
SCHOOL OF YEREVAN**

SCHOOL LUNCH MENU

2020-2021 | WEEK 1

MON	TUE	WED	THU	FRI
Spaghetti Bolognese	Chicken in Red Sauce with Mashed Potatoes	Pizza with Ham or Cheese	Chicken Nuggets with Baked Potatoes	Chicken in Marinara Sauce with Buckwheat or Rice
SOUP	SOUP	SOUP	SOUP	SOUP
Rice & Carrot Soup	Chicken Soup	Spas (Soup with Yogurt)	Pumpkin Soup	Lentil Soup
SALAD	SALAD	SALAD	SALAD	SALAD
Corn & Tomato Salad or Fresh Vegetables	Caprese Salad or Fresh Vegetables	Caesar Salad or Fresh Vegetables	Carrot Salad or Fresh Vegetables	Chef Salad or Fresh Vegetables
DESSERT	FRUIT	FRUIT	FRUIT	FRUIT
Low-Fat Fruit Yogurt	Apple	Banana	Oranges	Low-Fat Fruit Yogurt
DRINK	DRINK	DRINK	DRINK	DRINK
Low-Fat Milk or Water	Low-Fat Milk or Water	Low-Fat Milk or Water	Low-Fat Milk or Water	Low-Fat Milk or Water

Q S I I N T E R N A T I O N A L S C H O O L O F Y E R E V A N

YEREVAN.QSI.ORG | +374-10-34-9130