

NOVA

International School

N

# HOT MEAL MENU

## 23-24 Semester 2

### GRADES 2-12





# Week 1

Day	Monday		Tuesday		Wednesday		Thursday		Friday	
Option	A	B	A	B	A	B	A	B	A	B
Salad/soup	Vitamin salad 114 Kcal		Shopska salad 99 Kcal		Vitamin salad 114 Kcal		Cucumber salad 117 Kcal		Tomato salad 82 Kcal	
Main Meal	Peas with roasted Turkey and integral bread 391 Kcal	Gnoci quattro formagio 397 Kcal	Crispy fish with potatoes 324 Kcal	Risotto, broccoli, carrot 320 Kcal	Roasted chicken drumsticks with rice 401 Kcal	Pasta with tomato and basil 324 Kcal	Lentils with beef meatballs and corn bread 419 Kcal	Rice with spinach, egg and corn bread, sour milk 424 Kcal	Goulash with mashed potatoes and integral bread 437 Kcal	Pizza mozzarella 467 Kcal
Dessert	Seasonal fruit 62 Kcal		Rice pudding 169 Kcal		Seasonal fruit 105 Kcal		Smoothie with apples, forest fruits and oat 87 Kcal		Fruit salad 62 Kcal	
Total	567 Kcal/2338 KJ	573 Kcal/2397KJ	592 Kcal/2476 KJ	565 Kcal/2363 KJ	612.6 Kcal/2563 KJ	543 Kcal/2271 KJ	623 Kcal/2606 KJ	628 Kcal/2606 KJ	581 Kcal/2430 KJ	611 Kcal/2556 KJ
Alergie content	gluten,sesame	gluten, lactose	lactose, fish	lactose	/	gluten	gluten	lactose	gluten	gluten, lactose
Dietary fibre	15 gr	10.5 gr	4 gr	15,4	7.6 gr	20.3 gr	14.7 gr	11.7 gr	13,8 gr	5.3 gr
Carbohydrate up to 93 gr	42.8 gr	81.3 gr	65.7 gr	51.7 gr	47.6 gr	78.6 gr	65.7 gr	79.1 gr	57,9 gr	46.2 gr
Protein more than 10.8 gr	32.4 gr	17.7 gr	21.1 gr	38.5 gr	27.9 gr	17.1 gr	26.5 gr	19.9 gr	25,2 gr	38.7 gr
Fats up to 22.5 gr	18.6 gr	17.1 gr	21.8 gr	22 gr	22 gr	14.1 gr	22.4 gr	20.5 gr	21.9 gr	22.7 gr

# Week 2

Day	Monday		Tuesday		Wednesday		Thursday		Friday	
Option	A	B	A	B	A	B	A	B	A	B
Salad/soup	Tzatziki salad 128 Kcal		Tomato salad 82 Kcal		Shopska salad 99 Kcal		Cucumber salad 117 Kcal		Cabbage salad 141 Kcal	
Main Meal	Cabbage with minced beef meat and integral bread 406 Kcal	Chicken souvlaki 328 Kcal	Potato stew with chicken 419 Kcal	Mac and cheese with yogurt 381 Kcal	Stuffed peppers with beef and corn bread 419 Kcal	Baked chicken fingers with baked potatoes 424 Kcal	Lasagna bolognese 342 Kcal	Beef burger 374 Kcal	Baked beans and corn bread 390 Kcal	Chicken pastrmajlija 411 Kcal
Dessert	Seasonal fruit 95 Kcal		Wheat bombs 110 Kcal		Seasonal fruit 105 Kcal		Wheat groats with rice milk and banana 150 Kcal		Fruit salad 62 Kcal	
Total	Kcal/2631 KJ	551 Kcal/2305 KJ	629 Kcal/2631 KJ	573 Kcal/2397 KJ	622 Kcal/2602 KJ	628 Kcal/2627 KJ	609 Kcal/2548 KJ	641 Kcal/2681 KJ	593 Kcal/2481 KJ	614 Kcal/2568 KJ
Alergie content	lactose, gluten,	Lactose	Gluten	Lactose, gluten	Lactose, gluten	gluten, egg	gluten	gluten	gluten	gluten
Dietary fibre	10.8 gr	6 gr	6,8 gr	6.4 gr	10.8 gr	7.8 gr	6.5 gr	7.7 gr	18.7 gr	7.3 gr
Carbohydrate up to 93 gr	52.9 gr	51.8 gr	47,7 gr	54 gr	64.3 gr	67.7 gr	72.5 gr	62.4 gr	90 gr	54.59 gr
Protein more than 10.8 gr	29.1 gr	46.4 gr	22,9 gr	22.4 gr	31.8 gr	27.2 gr	20.5 gr	24.1 gr	19.2 gr	38.2 gr
Fats up to 22.5 gr	21.6 gr	6 gr	20,2 gr	22 gr	22.2 gr	22 gr	21,5 gr	21.9 gr	14.1 gr	21.2 gr



# Week 3

Day	Monday		Tuesday		Wednesday		Thursday		Friday	
Option	A	B	A	B	A	B	A	B	A	B
Salad/soup	Cucumber salad 117 Kcal		Cabbage salad 141 Kcal		Tomato salad 82 Kcal		Cabbage and cucumbers salad 89 Kcal		Tomato salad 82 Kcal	
Main Meal	Lentils with vegetables and integral bread 370 Kcal	Pasta bolognese 346 Kcal	Musaka with potatoes and minced beef meat, corn bread 386 Kcal	Chicken gyro and tzatziki salad 346 Kcal	Chicken drumstick with baked potatoes 411 Kcal	Omelette, cheese, integral bread 417 Kcal	Peas with vegetables and integral bread 399 Kcal	Tortilla with beef 363 Kcal	Crispy fish with potatoes 451 Kcal	Pizza mozzarella 467 Kcal
Dessert	Seasonal fruit 105 Kcal		Carrot cake 110 Kcal		Seasonal fruit 62 Kcal		Apple pie 130 Kcal		Fruit salad 62 Kcal	
Total	592 Kcal/2476 KJ	568 Kcal /2376 KJ	637 Kcal/2665 KJ	559 Kcal/2338 KJ	555 Kcal/2322 KJ	561 Kcal/2347 KJ	618 Kcal/2589 KJ	582 Kcal/2435 KJ	595 Kcal/2489 KJ	611 Kcal /2556 kJ
Allergie content	gluten ,sesame	gluten	gluten	gluten, lactose	/	en, lactose,egg, ses	gluten	gluten	fish, gluten	gluten, lactose
Dietary fibre	22 gr	8 gr	10.54 gr	8.14 gr	7.4gr	10 gr	7.6 gr	4.1 gr	7 gr	5.3 gr
Carbohydrate up to 93 gr	86.7 gr	59.9 gr	58.1 gr	44.3 gr	39.5 gr	36.9 gr	68 gr	54.4 gr	50.1 gr	46.2 gr
Protein more than 10.8 gr	27.6gr	26.5 gr	18.5 gr	25. 7 gr	33.2 gr	24.7 gr	21 gr	23.9 gr	14.4 gr	38.7 gr
Fats up to 22.5 gr	7.5 gr	22.6 gr	22.1 gr	22.5 gr	20.6 gr	21.2 gr	21.9 gr	22.1 gr	21.7 gr	21.7 gr

# Week 4

Day	Monday		Tuesday		Wednesday		Thursday		Friday	
Option	A	B	A	B	A	B	A	B	A	B
Salad/soup	Cucumber salad 117 Kcal		Shopska salad 99 Kcal		Cabbage salad 141 Kcal		Vitamin salad 114 Kcal		Cucumber salad 117 Kcal	
Main Meal	Roasted Turkey with rice 395 Kcal	Integral pasta with corn, black beans and tuna 367 Kcal	Roasted chicken drumsticks with broccoli, cauliflower and carrot 366 Kcal	Risotto with broccoli, cauliflower, carrot 345 Kcal	Baked beans and crispy fish and corn bread 390 Kcal	Beef burger 374 Kcal	Potato stew with beef 318 Kcal	Chicken wrap 322 Kcal	Rice with spinach and egg and corn bread, sour milk 442 Kcal	Pizza roll with chicken, green salad, sour cream and cheese 366 Kcal
Dessert	Seasonal fruit 95 Kcal		Wheat bombs with apple and dried fruit 99 Kcal		Seasonal fruit 101 Kcal		Cherry cake 110 Kcal		Fruit salad 62 Kcal	
Total	607 Kcal/2539 KJ	579 Kcal/2422 KJ	564 Kcal/2359 KJ	543 Kcal/2271 KJ	632 Kcal/2644 KJ	616 Kcal/2577 KJ	542 Kcal/2267 KJ	546 kcal/2284 KJ	603 Kcal/2522 KJ	545 Kcal/2280 KJ
Allergie content	/	fish, gluten	lactose	lactose	gluten, fish	gluten	gluten, egg, lactose	luten, egg, lactos	lactose, egg, gluten	gluten, lactose
Dietary fibre	6.3 gr	12.1 gr	6.3 gr	8.6 gr	21.6 gr	13.1 gr	7.5 gr	7 gr	11.6 gr	7.4 gr
Carbohydrate up to 93 gr	48.2 gr	78.7 gr	20.4 gr	35.8 gr	65 gr	44.5 gr	43 gr	54.3 gr	78.6 gr	53.5 gr
Protein more than 10.8 gr	29.6 gr	22 gr	31.5 gr	20.1 gr	19 gr	22.1 gr	19.2 gr	23.2 gr	18.8 gr	21.2 gr
Fats up to 22.5 gr	14.6 gr	10.1 gr	22 gr	20.9 gr	13.8 gr	22 gr	22.9 gr	21.2 gr	18.7 gr	16.8 gr