SEMESTER 1 · 2026 TO 2027

Hot meal menu

Grades 2 to 12

A real choice at the counter, every day

Lunch is a salad or soup, a choice of two hot mains, and a dessert. Students pick option A or option B at the counter. The four week cycle repeats through the semester.

- **Option A and option B, chosen at the counter**
- **Energy, allergens and nutrition for each option**
- **Four week cycle, weeks 1 to 4**



Hot meal menu · Grades 2 to 12

WEEKS 1 AND 2

Week 1

MONDAY

BOTH OPTIONS

Vitamin salad, 114 kcal

Seasonal fruit, 62 kcal

A Peas with roasted turkey and integral bread, 391 kcal

567 kcal · 2372 kJ — Fibre 15 g

CARBS	42.8 g · 46%
FAT	18.6 g · 83%
PROTEIN	32.4 g · 65%

B Gnocchi quattro formaggi, 397 kcal

573 kcal · 2397 kJ — Fibre 10.5 g

CARBS	81.3 g · 87%
FAT	17.1 g · 76%
PROTEIN	17.7 g · 35%

TUESDAY

BOTH OPTIONS

Shopska salad, 99 kcal

Rice pudding, 169 kcal

A Crispy fish with potatoes, 324 kcal

592 kcal · 2477 kJ — Fibre 4 g

CARBS	65.7 g · 71%
FAT	21.8 g · 97%
PROTEIN	21.1 g · 42%

B Risotto with broccoli and carrot, 320 kcal

588 kcal · 2460 kJ — Fibre 15.4 g

CARBS	51.7 g · 56%
FAT	22 g · 98%
PROTEIN	38.5 g · 77%

WEDNESDAY

BOTH OPTIONS

Vitamin salad, 114 kcal

Seasonal fruit, 105 kcal

A Roasted chicken drumsticks with rice, 401 kcal

620 kcal · 2594 kJ — Fibre 7.6 g

CARBS	47.6 g · 51%
FAT	22 g · 98%
PROTEIN	27.9 g · 56%

B Pasta with tomato and basil, 324 kcal

543 kcal · 2272 kJ — Fibre 20.3 g

CARBS	78.6 g · 85%
FAT	14.1 g · 63%
PROTEIN	17.1 g · 34%

THURSDAY

BOTH OPTIONS

Cucumber salad, 117 kcal

Smoothie with apples, forest fruits and oat, 87 kcal

A Lentils with beef meatballs and corn bread, 419 kcal

623 kcal · 2607 kJ — Fibre 14.7 g

CARBS	65.7 g · 71%
FAT	22.4 g · 100%
PROTEIN	26.5 g · 53%

B Rice with spinach, egg and corn bread, sour milk, 424 kcal

628 kcal · 2628 kJ — Fibre 11.7 g

CARBS	79.1 g · 85%
FAT	20.5 g · 91%
PROTEIN	19.9 g · 40%

FRIDAY

BOTH OPTIONS

Tomato salad, 82 kcal

Fruit salad, 62 kcal

A Goulash with mashed potatoes and integral bread, 437 kcal

581 kcal · 2431 kJ — Fibre 13.8 g

CARBS	57.9 g · 62%
FAT	21.9 g · 97%
PROTEIN	25.2 g · 50%

B Pizza mozzarella, 467 kcal

611 kcal · 2556 kJ — Fibre 5.3 g

CARBS	46.2 g · 50%
FAT	22.7 g · 100%
PROTEIN	38.7 g · 77%

Week 2

MONDAY

BOTH OPTIONS

Tzatziki salad, 128 kcal

Seasonal fruit, 95 kcal

A Cabbage with minced beef and integral bread, 406 kcal

629 kcal · 2632 kJ — Fibre 10.8 g

CARBS	52.9 g · 57%
FAT	21.6 g · 96%
PROTEIN	29.1 g · 58%

B Chicken souvlaki, 328 kcal

551 kcal · 2305 kJ — Fibre 6 g

CARBS	51.8 g · 56%
FAT	6 g · 27%
PROTEIN	46.4 g · 93%

TUESDAY

BOTH OPTIONS

Tomato salad, 82 kcal

Cherry cake, 110 kcal

A Potato stew with chicken, 419 kcal

611 kcal · 2556 kJ — Fibre 6.8 g

CARBS	47.7 g · 51%
FAT	20.2 g · 90%
PROTEIN	22.9 g · 46%

B Mac and cheese with yogurt, 381 kcal

573 kcal · 2397 kJ — Fibre 6.4 g

CARBS	54 g · 58%
FAT	22 g · 98%
PROTEIN	22.4 g · 45%

WEDNESDAY

BOTH OPTIONS

Shopska salad, 99 kcal

Seasonal fruit, 105 kcal

A Stuffed peppers with beef and corn bread, 419 kcal

623 kcal · 2607 kJ — Fibre 10.8 g

CARBS	64.3 g · 69%
FAT	22.2 g · 99%
PROTEIN	31.8 g · 64%

B Baked chicken fingers with baked potatoes, 424 kcal

628 kcal · 2628 kJ — Fibre 7.8 g

CARBS	67.7 g · 73%
FAT	22 g · 98%
PROTEIN	27.2 g · 54%

THURSDAY

BOTH OPTIONS

Cucumber salad, 117 kcal

Rice pudding, 169 kcal

A Lasagna bolognese, 342 kcal

628 kcal · 2628 kJ — Fibre 6.5 g

CARBS	72.5 g · 78%
FAT	21.5 g · 96%
PROTEIN	20.5 g · 41%

B Beef burger, 374 kcal

660 kcal · 2761 kJ — Fibre 7.7 g

CARBS	62.4 g · 67%
FAT	21.9 g · 97%
PROTEIN	24.1 g · 48%

FRIDAY

BOTH OPTIONS

Cabbage salad, 141 kcal

Fruit salad, 62 kcal

A Baked beans and corn bread, 390 kcal

593 kcal · 2481 kJ — Fibre 18.7 g

CARBS	90 g · 97%
FAT	14.1 g · 63%
PROTEIN	19.2 g · 38%

B Chicken pastrmajlija, 411 kcal

614 kcal · 2569 kJ — Fibre 7.3 g

CARBS	54.59 g · 59%
FAT	21.2 g · 94%
PROTEIN	38.2 g · 76%

ALLERGENS — Gluten · Lactose · Egg · Fish · Sesame · None listed

Totals are the whole meal: salad or soup, the chosen main and dessert. Bars show each value against the daily guide (carbohydrate 93 g, fat 22.5 g, protein 50 g).

Hot meal menu · Grades 2 to 12

WEEKS 3 AND 4

Week 3

MONDAY

BOTH OPTIONS

Cucumber salad, 117 kcal

Seasonal fruit, 105 kcal

A Lentils with vegetables and integral bread, 370 kcal

592 kcal · 2477 kJ — Fibre 22 g

CARBS	86.7 g · 93%
FAT	7.5 g · 33%
PROTEIN	27.6 g · 55%

B Pasta bolognese, 346 kcal

568 kcal · 2377 kJ — Fibre 8 g

CARBS	59.9 g · 64%
FAT	22.6 g · 100%
PROTEIN	26.5 g · 53%

TUESDAY

BOTH OPTIONS

Cabbage salad, 141 kcal

Carrot cake, 110 kcal

A Musaka with potatoes and minced beef, corn bread, 386 kcal

637 kcal · 2665 kJ — Fibre 10.54 g

CARBS	58.1 g · 62%
FAT	22.1 g · 98%
PROTEIN	18.5 g · 37%

B Chicken gyro and tzatziki, 346 kcal

597 kcal · 2498 kJ — Fibre 8.14 g

CARBS	44.3 g · 48%
FAT	22.5 g · 100%
PROTEIN	25.7 g · 51%

WEDNESDAY

BOTH OPTIONS

Tomato salad, 82 kcal

Seasonal fruit, 62 kcal

A Chicken drumstick with baked potatoes, 411 kcal

555 kcal · 2322 kJ — Fibre 7.4 g

CARBS	39.5 g · 42%
FAT	20.6 g · 92%
PROTEIN	33.2 g · 66%

B Omelette, cheese and integral bread, 417 kcal

561 kcal · 2347 kJ — Fibre 10 g

CARBS	36.9 g · 40%
FAT	21.2 g · 94%
PROTEIN	24.7 g · 49%

THURSDAY

BOTH OPTIONS

Cabbage and cucumber salad, 89 kcal

Apple pie, 130 kcal

A Peas with vegetables and integral bread, 399 kcal

618 kcal · 2586 kJ — Fibre 7.6 g

CARBS	68 g · 73%
FAT	21.9 g · 97%
PROTEIN	21 g · 42%

B Tortilla with beef, 363 kcal

582 kcal · 2435 kJ — Fibre 4.1 g

CARBS	54.4 g · 58%
FAT	22.1 g · 98%
PROTEIN	23.9 g · 48%

FRIDAY

BOTH OPTIONS

Tomato salad, 82 kcal

Fruit salad, 62 kcal

A Crispy fish with potatoes, 451 kcal

595 kcal · 2489 kJ — Fibre 7 g

CARBS	50.1 g · 54%
FAT	21.7 g · 96%
PROTEIN	14.4 g · 29%

B Pizza mozzarella, 467 kcal

611 kcal · 2556 kJ — Fibre 5.3 g

CARBS	46.2 g · 50%
FAT	21.7 g · 96%
PROTEIN	38.7 g · 77%

Week 4

MONDAY

BOTH OPTIONS

Cucumber salad, 117 kcal

Seasonal fruit, 95 kcal

A Roasted turkey with rice, 395 kcal

607 kcal · 2540 kJ — Fibre 6.3 g

CARBS	48.2 g · 52%
FAT	14.6 g · 65%
PROTEIN	29.6 g · 59%

B Integral pasta with corn, black beans and tuna, 367 kcal

579 kcal · 2423 kJ — Fibre 12.1 g

CARBS	78.7 g · 85%
FAT	10.1 g · 45%
PROTEIN	22 g · 44%

TUESDAY

BOTH OPTIONS

Shopska salad, 99 kcal

Carrot cake, 110 kcal

A Roasted chicken drumsticks with broccoli, cauliflower and carrot, 366 kcal

575 kcal · 2406 kJ — Fibre 6.3 g

CARBS	20.4 g · 22%
FAT	22 g · 98%
PROTEIN	31.5 g · 63%

B Risotto with broccoli, cauliflower and carrot, 345 kcal

554 kcal · 2318 kJ — Fibre 8.6 g

CARBS	35.8 g · 38%
FAT	20.9 g · 93%
PROTEIN	20.1 g · 40%

WEDNESDAY

BOTH OPTIONS

Cabbage salad, 141 kcal

Seasonal fruit, 101 kcal

A Baked beans and crispy fish with corn bread, 390 kcal

632 kcal · 2644 kJ — Fibre 21.6 g

CARBS	65 g · 70%
FAT	13.8 g · 61%
PROTEIN	19 g · 38%

B Beef burger, 374 kcal

616 kcal · 2577 kJ — Fibre 13.1 g

CARBS	44.5 g · 48%
FAT	22 g · 98%
PROTEIN	22.1 g · 44%

THURSDAY

BOTH OPTIONS

Vitamin salad, 114 kcal

Cherry cake, 110 kcal

A Potato stew with beef, 318 kcal

542 kcal · 2268 kJ — Fibre 7.5 g

CARBS	43 g · 46%
FAT	22.9 g · 100%
PROTEIN	19.2 g · 38%

B Chicken wrap, 322 kcal

546 kcal · 2284 kJ — Fibre 7 g

CARBS	54.3 g · 58%
FAT	21.2 g · 94%
PROTEIN	23.2 g · 46%

FRIDAY

BOTH OPTIONS

Cucumber salad, 117 kcal

Fruit salad, 62 kcal

A Rice with spinach and egg, corn bread and sour milk, 442 kcal

621 kcal · 2598 kJ — Fibre 11.6 g

CARBS	78.6 g · 85%
FAT	18.7 g · 83%
PROTEIN	18.8 g · 38%

B Pizza roll with chicken, green salad, sour cream and cheese, 366 kcal

545 kcal · 2280 kJ — Fibre 7.4 g

CARBS	53.5 g · 58%
FAT	16.8 g · 75%
PROTEIN	21.2 g · 42%

ALLERGENS — Gluten · Lactose · Egg · Fish · Sesame · None listed

Totals are the whole meal: salad or soup, the chosen main and dessert. Bars show each value against the daily guide (carbohydrate 93 g, fat 22.5 g, protein 50 g).