SEMESTER 1 · 2026 TO 2027

Hot meal menu

Grades PK3 to 1

Lunch, sized for our youngest learners

Every hot meal is a salad or soup, a warm main, and something sweet. Portions are sized for our youngest learners, and the four week cycle repeats through the semester.

- **Salad or soup, main meal, dessert**
- **Energy and allergens listed for every day**
- **Four week cycle, weeks 1 to 4**



Hot meal menu · Grades PK3 to 1

WEEKS 1 AND 2

Week 1

	SALAD	MAIN	DESSERT	
MONDAY	Vitamin salad, 106 kcal	**Peas with roasted turkey and wholewheat bread, 303 kcal**	Seasonal fruit, 62 kcal	**471 kcal · 1971 kJ** Fibre 12.2 g CARBS 37.1 g · 64% FAT 13.7 g · 85% PROTEIN 20.8 g · 42%
TUESDAY	Shopska salad, 76 kcal	**Crispy fish with potato, 183 kcal**	Rice pudding, 155 kcal	**414 kcal · 1732 kJ** Fibre 3.5 g CARBS 51.1 g · 89% FAT 16 g · 99% PROTEIN 26.2 g · 52%
WEDNESDAY	Vitamin salad, 106.6 kcal	**Roasted chicken drumsticks with rice, 251 kcal**	Seasonal fruit, 105 kcal	**462.6 kcal · 1936 kJ** Fibre 7.6 g CARBS 44.9 g · 78% FAT 14.7 g · 91% PROTEIN 26.8 g · 54%
THURSDAY	Cucumber salad, 84 kcal	**Lentils with beef meatballs and corn bread, 286 kcal**	Smoothie with apples, forest fruits and oat, 87 kcal	**457 kcal · 1912 kJ** Fibre 13.1 g CARBS 51.6 g · 89% FAT 15.2 g · 94% PROTEIN 25.2 g · 50%
FRIDAY	Tomato salad, 52 kcal	**Goulash with mashed potatoes and wholewheat bread, 329 kcal**	Fruit salad, 62 kcal	**443 kcal · 1854 kJ** Fibre 11.3 g CARBS 47.5 g · 82% FAT 14.7 g · 91% PROTEIN 15.7 g · 31%

Week 2

	SALAD	MAIN	DESSERT	
MONDAY	Tzatziki salad, 128 kcal	**Chicken souvlaki, 328 kcal**	Seasonal fruit, 95 kcal	**551 kcal · 2305 kJ** Fibre 6 g CARBS 51.8 g · 90% FAT 6 g · 37% PROTEIN 46.4 g · 93%
TUESDAY	Tomato salad, 52 kcal	**Potato stew with chicken, 285 kcal**	Cherry cake, 100 kcal	**437 kcal · 1828 kJ** Fibre 6.5 g CARBS 47.2 g · 82% FAT 15.2 g · 94% PROTEIN 22.8 g · 46%
WEDNESDAY	Shopska salad, 76 kcal	**Stuffed peppers with beef and corn bread, 278 kcal**	Seasonal fruit, 105 kcal	**459 kcal · 1920 kJ** Fibre 5.4 g CARBS 45.4 g · 79% FAT 13.7 g · 85% PROTEIN 29.3 g · 59%
THURSDAY	Cucumber salad, 84 kcal	**Lasagna bolognese, 240 kcal**	Rice pudding, 155 kcal	**479 kcal · 2004 kJ** Fibre 5.8 g CARBS 56.7 g · 98% FAT 14.4 g · 89% PROTEIN 20.5 g · 41%
FRIDAY	Cabbage salad, 112 kcal	**Baked beans and corn bread, 276 kcal**	Fruit salad, 62 kcal	**450 kcal · 1883 kJ** Fibre 14.8 g CARBS 57.7 g · 100% FAT 10.8 g · 67% PROTEIN 18.4 g · 37%

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

Totals are the whole meal: salad or soup, main and dessert. Bars show each value against the daily guide (carbohydrate 57.7 g, fat 16.2 g, protein 50 g).

NOVA International School Skopje · www.nova.edu.mk

Hot meal menu · Grades PK3 to 1

WEEKS 3 AND 4

Week 3

	SALAD	MAIN	DESSERT	
MONDAY	Cucumber salad, 84 kcal	**Lentils with vegetables and wholewheat bread, 257 kcal**	Seasonal fruit, 105 kcal	**446 kcal · 1866 kJ** Fibre 20 g CARBS 57.2 g · 99% FAT 13.9 g · 86% PROTEIN 19.7 g · 39%
TUESDAY	Cabbage salad, 112 kcal	**Musaka with potatoes and minced beef, corn bread, 266 kcal**	Carrot cake, 110 kcal	**488 kcal · 2042 kJ** Fibre 7.84 g CARBS 41.79 g · 72% FAT 14.5 g · 90% PROTEIN 20.89 g · 42%
WEDNESDAY	Tomato salad, 52 kcal	**Chicken drumstick with baked potatoes, 283 kcal**	Seasonal fruit, 62 kcal	**397 kcal · 1661 kJ** Fibre 7 g CARBS 38 g · 66% FAT 11.7 g · 72% PROTEIN 23.6 g · 47%
THURSDAY	Cabbage and cucumber salad, 89 kcal	**Peas with vegetables and wholewheat bread, 270 kcal**	Apple pie, 130 kcal	**489 kcal · 2046 kJ** Fibre 13.1 g CARBS 57.4 g · 99% FAT 16.1 g · 99% PROTEIN 16.4 g · 33%
FRIDAY	Tomato salad, 52 kcal	**Crispy fish with potatoes, 280 kcal**	Fruit salad, 62 kcal	**394 kcal · 1648 kJ** Fibre 6.2 g CARBS 36.8 g · 64% FAT 11.7 g · 72% PROTEIN 18.2 g · 36%

Week 4

	SALAD	MAIN	DESSERT	
MONDAY	Cucumber salad, 84 kcal	**Roasted turkey with rice, 235 kcal**	Seasonal fruit, 95 kcal	**414 kcal · 1732 kJ** Fibre 6.1 g CARBS 46.2 g · 80% FAT 10.9 g · 67% PROTEIN 34.2 g · 68%
TUESDAY	Shopska salad, 76 kcal	**Drumsticks with carrot, broccoli and cauliflower, 228 kcal**	Carrot cake, 110 kcal	**414 kcal · 1732 kJ** Fibre 13 g CARBS 30.7 g · 53% FAT 16.5 g · 100% PROTEIN 18.5 g · 37%
WEDNESDAY	Cabbage salad, 112 kcal	**Baked beans and crispy fish with corn bread, 279 kcal**	Seasonal fruit, 101 kcal	**492 kcal · 2059 kJ** Fibre 13.7 g CARBS 50.49 g · 88% FAT 16.3 g · 100% PROTEIN 13.4 g · 27%
THURSDAY	Vitamin salad, 106.6 kcal	**Potato stew with beef, 267 kcal**	Cherry cake, 100 kcal	**473.6 kcal · 1982 kJ** Fibre 7 g CARBS 40.3 g · 70% FAT 15.4 g · 95% PROTEIN 16.8 g · 34%
FRIDAY	Cucumber salad, 84 kcal	**Pizza mozzarella, 457 kcal**	Fruit salad, 62 kcal	**603 kcal · 2523 kJ** Fibre 5.3 g CARBS 46.2 g · 80% FAT 22.7 g · 100% PROTEIN 38.7 g · 77%

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

Totals are the whole meal: salad or soup, main and dessert. Bars show each value against the daily guide (carbohydrate 57.7 g, fat 16.2 g, protein 50 g).

NOVA International School Skopje · www.nova.edu.mk