NOVA International School

SEMESTER 1 · 2026 TO 2027

Breakfast menu

A warm start to the day, on a four week cycle

Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Gyro bread, boiled egg and yogurt	Semolina with milk and 100% cocoa, banana	Omelette, whole wheat bread and cucumber	Waffles with cream and milk	Whole wheat bagel with yogurt

Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta with ground cheese and steamed broccoli	Bread, butter, honey and tea	Egg deep fried bread and yogurt	Puff pastry with apples and tea	Whole wheat bagel with yogurt

Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Poppy seed cake and orange juice	Cheese and turkey salami toast	Puff pastry with cheese and yogurt	Egg deep fried bread and yogurt	Polenta pie with cheese and yogurt

Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta with sour cream and yogurt	Whole wheat American pancakes with jam and tea	Chia seed tortilla chips, yellow cheese, fresh pepper, boiled egg and yogurt	Mini pizzas	Puff pastry sticks with yellow cheese and yogurt