

1st WEEK

TPS, PS, MS,
GS, CP



30^{ANS} LYCÉE
INTERNATIONAL
FRANÇAIS
DE VILNIUS

Monday

Lunch

Sauerkraut soup with sour cream
Dark whole-grain bread
Turkey curry with cream

Vegetarian
Vegetable and split pea
curry with cream

Boiled loose brown rice

Boiled beetroot salad with
canned peas and olive oil
Assorted vegetables (canned
peas, fresh cucumbers)
Seasonal fruit

Afternoon snack

Oven-baked cottage
cheese casserole with
pumpkin / Puréed cherries

Tuesday

Lunch

Bean soup with sour cream
Dark whole-grain bread
Oven-baked pork and beef
meat patties
Homemade tomato sauce

Vegetarian
Vegetable rice pilaf with green
peas and vegetable broth

Couscous
Fresh carrot and zucchini
salad with sesame seeds and
olive oil
Iceberg lettuce with dill
Fresh tomatoes
Seasonal fruit

Afternoon snack

Baked oatmeal and banana
pancakes
Puréed raspberries
Milk

Wednesday

Lunch

Beetroot soup with sour
cream
Light whole-grain bread
Beef Stroganoff stew

Vegetarian
Vegetable and cheese crêpes

Boiled potatoes with dill
Diced beetroot salad with
arugula and balsamic
dressing
Assorted vegetables (canned
corn, bell pepper sticks)
Seasonal fruit

Afternoon snack

Oven-baked cottage cheese
muffins made with whole-
grain flour and
blackcurrants
Four-grain crispbreads
Drinkable yogurt

Thursday

Lunch

Creamy pumpkin and lentil
soup
Light bread croutons
Pan-fried chopped chicken
patty with corn and sweet
pepper

Vegetarian
Lentil and tomato Bolognese
Boiled wheat pasta

Mixed cabbage coleslaw
with pumpkin seeds, sesame
seeds and olive oil (vegan)
Assorted vegetables (white
radish sticks, fresh tomatoes)
Seasonal fruit
Water

Afternoon snack

Oven-baked potato and
carrot casserole
Natural yogurt
Kefir

Friday

Lunch

Millet soup with vegetables
and sour cream
Ciabatta
Flour-coated cod fillets
Yogurt and cucumber
tzatziki sauce

Vegetarian
Oven-baked cottage cheese,
feta and spinach casserole
“Spanakopita”

Fluffy cooked buckwheat
Steamed broccoli and
carrots with olive oil
Assorted vegetables (lettuce
leaves, canned corn)
Seasonal fruit
Water

Afternoon snack

Oven-baked chicken kibin
(light cooking method)
Pik-Nik cheese stick
Vegetable broth with
vegetables (carrots, celery,
zucchini, dill)

SEPTEMBER

I	II	III	IV	V	VI	VII
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBER

I	II	III	IV	V	VI	VII
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOVEMBER

I	II	III	IV	V	VI	VII
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

2nd WEEK

TPS, PS, MS,
GS, CP



30^{ANS} LYCÉE
INTERNATIONAL
FRANÇAIS
DE VILNIUS

Monday

Lunch

Vegetable soup (carrots, onions), sour cream

Dark whole-grain bread

Brown rice pilaf with pork, carrots and tomato sauce

Vegetarian
Brown rice pilaf with vegetables and soy balls

Fresh cabbage salad with cucumbers, dill and olive oil

Assorted vegetables (fresh tomatoes, fresh cucumbers)

Seasonal fruit

Water

Afternoon snack

Curd cheese
Mashed raspberries
Honey cake

Tuesday

Lunch

Beetroot soup with lentils, sour cream

Light whole-grain bread

Baked chicken drumsticks with honey glaze

Vegetarian
Cauliflower patties with carrots and cheese

Natural yogurt, dill and lemon sauce

Cooked bulgur

Broccoli and carrot salad with sunflower seeds and olive oil

Assorted vegetables (Iceberg lettuce leaves, canned sweetcorn)

Seasonal fruit

Water

Afternoon snack

Buckwheat porridge with milk
Butter
Cucumber sticks
Tea biscuits

Wednesday

Lunch

Creamy corn soup

Light bread croutons

Asian-style chicken skewers baked in a convection oven with sesame seeds

Sour cream

Vegetarian
Fried potato pancakes with stewed cabbage, Žemaičių style

Couscous

Assorted vegetables (bell pepper sticks, marinated green beans)

Seasonal fruit

Water

Afternoon snack

Oven-baked curd cheese pancakes with bananas and poppy seeds
Mashed strawberry
Natural yogurt

Thursday

Lunch

Barley groat soup with vegetables, sour cream

Dark whole-grain bread

Baked salmon pieces with teriyaki sauce

Vegetarian
Oven-baked lasagna with ricotta cheese and vegetables

Cooked wheat pasta

Pickled cucumbers

Lettuce leaves

Seasonal fruit

Water

Afternoon snack

Fried zucchini pancakes
Natural yogurt
Buckwheat crispbread

Friday

Lunch

Split pea soup, sour cream

Ciabatta

Ham and cheese crepes baked in a convection oven

Butter, cream and garlic sauce

Vegetarian
Fried potato pancakes Cottage cheese and herb sauce

Cooked fluffy pearl couscous

Boiled beetroot salad with sunflower seeds and olive oil

Assorted vegetables (canned peas, fresh cucumbers)

Seasonal fruit

Water

Afternoon snack

Cooked wheat pasta
Grated cheese
Fresh carrot sticks
Fruit yogurt

SEPTEMBER

I	II	III	IV	V	VI	VII
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBER

I	II	III	IV	V	VI	VII
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOVEMBER

I	II	III	IV	V	VI	VII
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

3rd WEEK

TPS, PS, MS,
GS, CP



Monday

Lunch

Green bean soup, sour cream
Dark whole-grain bread
Ground beef Bolognese (dietary)

Vegetarian
Oven-baked zucchini, potato and carrot casserole with cheese

Cooked fluffy brown rice
Fresh carrot salad with canned sweetcorn and olive oil
Assorted vegetables (canned sweetcorn, fresh cucumbers)
Seasonal fruit
Water

Afternoon snack

Oven-baked curd cheese casserole
Mashed Raspberry
Natural yogurt

Tuesday

Lunch

Fresh cabbage soup, sour cream
Light whole-grain bread
Oven-baked pork patty (one large piece)

Vegetarian
Pan-fried lentil and zucchini patties

Potato and pumpkin mash
Boiled beetroot salad with beans, dill and olive oil
Assorted vegetables (pickled cucumbers, bell pepper sticks)
Seasonal fruit
Water

Afternoon snack

Fried yeast pancakes
Mashed Strawberry
Natural yogurt
Milk

Wednesday

Lunch

Creamy vegetable soup
Light bread croutons
Stuffed pasta with turkey “Cannelloni”

Vegetarian
Stuffed pasta with cottage cheese and spinach “Cannelloni”

Carrot sticks
Fresh cucumbers
Seasonal fruit
Water

Afternoon snack

Boiled cottage cheese dumplings with coconut flakes
Homemade cherry sauce
Corn crispbread

Thursday

Lunch

Beetroot soup, sour cream
Dark whole-grain bread
Cod curry with coconut milk

Vegetarian
Vegetable stew with soy balls

Spinach and cream sauce
Cooked buckwheat
Iceberg and Chinese cabbage salad with dill
Assorted vegetables (fresh cucumbers, canned sweetcorn)
Seasonal fruit
Water

Afternoon snack

Cooked wheat pasta
Homemade tomato and bell pepper sauce
Canned sweetcorn
Pik-Nik cheese stick

Friday

Lunch

Tomato soup with pearl barley, sour cream
Ciabatta
Baked chicken patties
Spinach and cream sauce

Vegetarian
Chickpea curry with coconut milk

Cooked pearl barley
Fresh cabbage salad with green peas and olive oil
Assorted vegetables (fresh tomatoes, lettuce leaves)
Seasonal fruit
Water

Afternoon snack

Fried crêpes with apples and cinnamon
Mashed cherry
Fruit yogurt

SEPTEMBER

I	II	III	IV	V	VI	VII
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBER

I	II	III	IV	V	VI	VII
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOVEMBER

I	II	III	IV	V	VI	VII
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

4th WEEK

TPS, PS, MS,
GS, CP



30^{ANS} LYCÉE
INTERNATIONAL
FRANÇAIS
DE VILNIUS

Monday

Lunch

Lentil and carrot soup, sour cream

Dark whole-grain bread

Pork goulash with carrots, peas, tomatoes and herbs

Vegetarian

Fried vegetable pancakes

Cottage cheese and herb sauce

Mashed potatoes

Boiled beetroot salad with pickled cucumbers and olive oil

Fresh cucumbers

Seasonal fruit

Water

Afternoon snack

Oven-baked curd cheese casserole with poppy seeds

Mashed Cherry

Natural yogurt

Tuesday

Lunch

Vegetable and zucchini soup, sour cream

Light whole-grain bread

Oven-baked chicken thigh steaks with honey and sesame seeds

Vegetarian

Chickpea stew with eggplant and coconut milk (plant-based, dietary)

Cooked buckwheat with amaranth seeds

Fresh cabbage salad with bell peppers, cucumbers and olive oil

Assorted vegetables (canned sweetcorn, fresh tomatoes)

Seasonal fruit

Water

Afternoon snack

Fried crêpes

Raspberry purée

Unsweetened cocoa with milk

Wednesday

Lunch

Tomato soup with chickpeas, sour cream

Dark whole-grain bread

Turkey “Tikka Masala” with cream

Vegetarian

**Vegetable patties with cheese (broccoli, cauliflower, onions, carrots)
Yogurt and cucumber “Tzatziki” sauce (dietary)**

Cooked pearl couscous

Fresh carrot and white radish salad with dill and olive oil

Assorted vegetables (lettuce leaves, bell pepper sticks)

Seasonal fruit

Water

Afternoon snack

Homemade banana bread, oven-baked

Drinking yogurt

Warm fruit and berry compote (without fruit pieces)

Thursday

Lunch

Creamy broccoli and pumpkin soup with coconut milk

Light bread croutons

Oven-baked pork and veal meat patties

Vegetarian

Oven-baked lentil patties with vegetables (zucchini, sweetcorn, sun-dried tomatoes)

Cooked bulgur

Marinated cabbage salad with olive oil

Assorted vegetables (fresh cucumbers, carrot sticks)

Seasonal fruit

Water

Afternoon snack

Pancakes with pears and corn flour

Mashed Cherry

Natural yogurt

Friday

Lunch

Vegetable soup with onions, carrots and pieces of cod

Ciabatta

Baked grated potato casserole

Sour cream and butter sauce

Vegetarian

Tortilla wraps with beans, sweetcorn and vegetables (dietary)

Cooked fluffy brown rice

Boiled beetroot salad with sunflower seeds and olive oil

Assorted vegetables (cooked beans with tomato sauce, canned sweetcorn)

Seasonal fruit

Water

Afternoon snack

Oven-baked cottage cheese pancakes with spelt flour

Mashed Strawberry

Natural yogurt

SEPTEMBER

I	II	III	IV	V	VI	VII
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBER

I	II	III	IV	V	VI	VII
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOVEMBER

I	II	III	IV	V	VI	VII
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						