

1st WEEK

CE1, CE2, CM1,
CM2, COLLÈGE



30^{ANS} LYCÉE
INTERNATIONAL
FRANÇAIS
DE VILNIUS

Monday

Lunch

SOUP

Sauerkraut soup, sour cream.
Dark whole-grain bread

1ST MAIN COURSE

Turkey curry with cream

2ND MAIN COURSE

Convection-baked herb pork
shashlik / "Tzatziki" cucumber-
yogurt sauce

3RD VEGETARIAN MAIN COURSE

Vegetable and split pea curry
with cream

HOT SIDE DISH

Steamed fluffy unpolished
(brown) rice

HOT SIDE DISH

Boiled bulgur with vegetables
(carrots, corn, bell peppers)

VEGETABLE SIDE DISH

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

DESSERT

Gingerbread / Honey cookies

Afternoon snack

Flat-pan cottage cheese
pancakes / mashed cherries
/ natural yogurt

Tuesday

Lunch

SOUP

Bean soup, sour cream. Dark
whole-grain bread

1ST MAIN COURSE

Convection-baked large beef
and pork patty with cheese

2ND MAIN COURSE

Chinese-style sweet and sour
chicken (sauce served
separately)

3RD VEGETARIAN MAIN COURSE

Rice pilaf with vegetables, green
peas, and vegetable broth

HOT SIDE DISH

Mashed potatoes and
cauliflower

HOT SIDE DISH

Steamed fluffy couscous

VEGETABLE SIDE DISH

Fresh carrot and zucchini salad
with sesame seeds and olive oil
Iceberg lettuce salad with dill /
fresh tomatoes

DESSERT

Seasonal fruit

Afternoon snack

Baked oat-banana pancakes /
mashed raspberries

Wednesday

Lunch

SOUP

Beetroot soup, sour cream. Light
whole-grain bread

1ST MAIN COURSE

Chicken crepes / Butter and sour
cream sauce

2ND MAIN COURSE

Beef Stroganoff stew

3RD VEGETARIAN MAIN COURSE

Vegetable and cheese crepes /
Butter and sour cream sauce

HOT SIDE DISH

Boiled potatoes with dill

VEGETABLE SIDE DISH

Diced boiled beetroot salad with
arugula, balsamic dressing / feta
cheese

Assorted vegetables (Canned
corn, bell pepper sticks,
cucumbers)

DESSERT

Homemade "Tinginys"
(Lithuanian unbaked chocolate
biscuit cake)

Afternoon snack

Semolina porridge with bran /
mashed strawberries / corn
cakes (corn crispbreads)

Thursday

Lunch

SOUP

Cream of pumpkin and lentil
soup, sour cream. Garlic fried
bread

1ST MAIN COURSE

Minced pork "Bolognese" stew

2ND MAIN COURSE

Pan-fried chopped chicken
patties with corn and sweet
bell pepper

3RD VEGETARIAN MAIN COURSE

Lentil and tomato "Bolognese"

HOT SIDE DISH

Boiled spaghetti

HOT SIDE DISH

Boiled pearl couscous

VEGETABLE SIDE DISH

Mixed cabbage "Coleslaw" with
pumpkin seeds, sesame seeds,
and olive oil

Assorted vegetables (White
radish sticks, fresh tomatoes)

DESSERT

Seasonal fruit

Afternoon snack

Convection-baked potato and
carrot bake (casserole) / sour
cream / rice cake (rice
crispbread)

Friday

Lunch

SOUP

Millet soup with vegetables,
sour cream. Ciabatta

1ST MAIN COURSE

Flour-dusted cod fillets / garlic
sauce

2ND MAIN COURSE

Warm pork tortilla wrap with
tzatziki sauce (Roasted pork,
tortilla, tzatziki sauce, grated
cheese) (SERVED SEPARATELY)

3RD VEGETARIAN MAIN COURSE

Convection-baked curd, feta,
and spinach bake "Spanakopita"

HOT SIDE DISH

Steamed fluffy buckwheat

VEGETABLE SIDE DISH

Boiled beetroot salad with olive
oil

Assorted vegetables (Lettuce
leaves, canned corn)

DESSERT

Colorful multi-flavored jelly

Afternoon snack

Chicken kibinas/ "Pik-Nik"
cheese stick

SEPTEMBER

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OCTOBER

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2nd WEEK

CE1, CE2, CM1,
CM2, COLLÈGE



30^{ANS} LYCÉE
INTERNATIONAL
FRANÇAIS
DE VILNIUS

Monday

Lunch

SOUP

Vegetable soup (carrots, onions), sour cream. Dark whole-grain bread

1ST MAIN COURSE

Unpolished (brown) rice pilaf with pork, carrots, and tomato sauce

2ND MAIN COURSE

Chicken curry with coconut milk

3RD VEGETARIAN MAIN COURSE

Unpolished (brown) rice pilaf with vegetables and soy chunks

HOT SIDE DISH

Steamed fluffy unpolished (brown) rice with turmeric

VEGETABLE SIDE DISH

Fresh cabbage salad with cucumbers, dill, and olive oil
Assorted vegetables (Fresh tomatoes, fresh cucumbers)

DESSERT

Seasonal fruit

Afternoon snack

Boiled whole-grain pasta /
grated cheese / fruit yoghurt

Tuesday

Lunch

SOUP

Beetroot soup with lentils, sour cream. Light whole-grain bread

1ST MAIN COURSE

Convection-baked honey-glazed chicken drumsticks / Natural yogurt, dill, and lemon sauce

2ND MAIN COURSE

Convection-baked enchiladas with minced beef, corn, and beans

3RD VEGETARIAN MAIN COURSE

Cauliflower patties with carrots and cheese

HOT SIDE DISH

Boiled bulgur

VEGETABLE SIDE DISH

Broccoli and carrot salad with sunflower seeds and olive oil
Assorted vegetables (Iceberg lettuce leaves, canned corn)

DESSERT

Seasonal fruit

Afternoon snack

Fried courgette fritters / natural yoghurt / buckwheat crisps

Wednesday

Lunch

SOUP

Cream of corn soup, sour cream. Light bread croutons

1ST MAIN COURSE

Pan-fried breaded "Žemaičių" potato pancakes stuffed with minced pork and beef / Sour cream and butter sauce

2ND MAIN COURSE

Convection-baked Asian-style chicken skewers with sesame seeds

3RD VEGETARIAN MAIN COURSE

Pan-fried "Žemaičių" potato pancakes stuffed with braised cabbage / Sour cream

HOT SIDE DISH

Steamed fluffy couscous

VEGETABLE SIDE DISH

Fresh carrot and pumpkin salad with dill and olive oil
Assorted vegetables (Bell pepper sticks, pickled green beans)

DESSERT

Citrus pound cake

Afternoon snack

Convection-baked curd (cottage cheese) patties with poppy seeds / mashed strawberries / natural yoghurt

Thursday

Lunch

SOUP

Barley soup with vegetables, sour cream. Dark whole-grain bread

1ST MAIN COURSE

Pan-seared salmon pieces with teriyaki sauce

2ND MAIN COURSE

Pan-fried pork neck steaks / cream and mustard sauce

3RD VEGETARIAN MAIN COURSE

Convection-baked ricotta cheese and vegetable lasagna

HOT SIDE DISH

Boiled wheat pasta

VEGETABLE SIDE DISH

Boiled beetroot salad with sunflower seeds and olive oil
Assorted vegetables (Pickled/fermented cucumbers, lettuce leaves)

DESSERT

Seasonal fruit

Afternoon snack

Whipped vanilla curd (cottage cheese) / Bagel /
mashed blackcurrants

Friday

Lunch

SOUP

Split pea soup, sour cream. Ciabatta

1ST MAIN COURSE

Convection-baked turkey lasagna

2ND MAIN COURSE

Ham and cheese crepes / Butter, cream, and garlic sauce

3RD VEGETARIAN MAIN COURSE

Pan-fried potato pancakes / Curd (cottage cheese) and herb sauce

VEGETABLE SIDE DISH

Asian-style cabbage and carrot salad

Assorted vegetables (Canned peas, fresh cucumbers)

DESSERT

Tea biscuits

Afternoon snack

Fried spelt flour and banana waffles / cocoa with milk

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3rd WEEK

CE1, CE2, CM1,
CM2, COLLÈGE



Monday

Lunch

SOUP

Green bean soup, sour cream.
Dark whole-grain bread

1ST MAIN COURSE

Minced beef "Bolognese" /
grated cheese

2ND MAIN COURSE

Convection-baked chicken
drumsticks (light choice)

3RD VEGETARIAN MAIN COURSE

Convection-baked zucchini,
potato, and carrot bake with
cheese

HOT SIDE DISH

Boiled wheat pasta

VEGETABLE SIDE DISH

Fresh carrot salad with canned
corn and olive oil

Assorted vegetables (Canned
corn, fresh cucumbers)

DESSERT

Seasonal fruit

Afternoon snack

Convection-baked curd
(cottage cheese) bake
(casserole) / mashed
raspberries

Tuesday

Lunch

SOUP

Fresh cabbage soup, sour cream.
Light whole-grain bread

1ST MAIN COURSE

Baked pork patty (one large) /
tomato sauce

2ND MAIN COURSE

Breaded chicken cutlets

3RD VEGETARIAN MAIN COURSE

Flat-top griddle-baked lentil and
zucchini patties

HOT SIDE DISH

Mashed potatoes and pumpkin

HOT SIDE DISH

Boiled bulgur

VEGETABLE SIDE DISH

Boiled beetroot salad with
beans, dill, and olive oil

Assorted vegetables

(Pickled/fermented cucumbers,
bell pepper sticks)

DESSERT

Seasonal fruit

Afternoon snack

Fried yeast pancakes / currant
purée / milk

Wednesday

Lunch

SOUP

Cream of vegetable soup, sour
cream. Light bread croutons

1ST MAIN COURSE

Stuffed pasta shells with turkey
("Cannelloni")

2ND MAIN COURSE

Pan-fried pork chop / pineapple
sauce

3RD VEGETARIAN MAIN COURSE

Stuffed pasta shells with curd
(cottage cheese) and spinach
("Cannelloni")

HOT SIDE DISH

Steamed fluffy couscous

VEGETABLE SIDE DISH

Pumpkin salad with feta and
walnuts

Assorted vegetables (Carrot
sticks, fresh cucumbers)

DESSERT

Apple and pumpkin pie

Afternoon snack

Boiled curd dumplings with
coconut flakes / homemade
cherry sauce / corn crisp

Thursday

Lunch

SOUP

Beetroot soup, sour cream.
Dark whole-grain bread

1ST MAIN COURSE

Cod curry with coconut milk

2ND MAIN COURSE

Baked tortillas with beef, pork,
beans, and cheese

3RD VEGETARIAN MAIN COURSE

Vegetable stew with soy curls
(soy protein chunks)

HOT SIDE DISH

Steamed fluffy buckwheat

VEGETABLE SIDE DISH

Iceberg and Napa cabbage
salad with dill

Assorted vegetables (Fresh
cucumbers, canned corn)

DESSERT

Seasonal fruit

Afternoon snack

Boiled whole-grain pasta /
homemade tomato and
pepper sauce / "Pik-Nik"
cheese stick

Friday

Lunch

SOUP

Tomato soup with pearl barley,
sour cream. Ciabatta

1ST MAIN COURSE

Convection-baked chicken
skewers / Spinach and cream
sauce

2ND MAIN COURSE

Pork burger / Pureed natural
tomato sauce / Chipotle sauce

3RD VEGETARIAN MAIN COURSE

Chickpea curry with coconut
milk

HOT SIDE DISH

Steamed fluffy pearl barley

HOT SIDE DISH

Convection-baked French fries

VEGETABLE SIDE DISH

Fresh cabbage salad with green
peas and olive oil

Assorted vegetables (Fresh
tomatoes, lettuce leaves)

DESSERT

Homemade "Tinginy's"
(Lithuanian chocolate biscuit
cake)

Afternoon snack

Tortilla triangle with curd
spread, ham, cheese, lettuce
and cucumber (SERVED
SEPARATELY) / fruit and berry
bar

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Monday	Tuesday	Wednesday	Thursday	Friday
Lunch SOUP Lentil and carrot soup, sour cream. Dark whole-grain bread 1ST MAIN COURSE Pork sausages / braised cabbage 2ND MAIN COURSE Chicken pieces with teriyaki and broccoli 3RD VEGETARIAN MAIN COURSE Pan-fried vegetable pancakes / Curd (cottage cheese) and herb sauce HOT SIDE DISH Convection-baked potato wedges HOT SIDE DISH Boiled basmati rice VEGETABLE SIDE DISH Boiled beetroot salad with pickled/fermented cucumbers and olive oil Assorted vegetables (Fresh cucumbers) DESSERT Wheat cake (wheat crispbread) Afternoon snack Croissant with curd spread, ham, cheese, lettuce, and cucumber, seasonal fruit	Lunch SOUP Vegetable soup with zucchini, sour cream. Light whole-grain bread 1ST MAIN COURSE Convection-baked chicken thigh cutlets glazed with honey and sesame seeds 2ND MAIN COURSE Pan-fried potato pancakes / Cream and bacon bits (cracklings) sauce 3RD VEGETARIAN MAIN COURSE Pan-fried potato pancakes / Sour cream HOT SIDE DISH Steamed fluffy buckwheat with amaranth seeds VEGETABLE SIDE DISH Fresh cabbage salad with bell peppers, cucumbers, and olive oil Assorted vegetables (Canned corn, fresh tomatoes) DESSERT Seasonal fruit Afternoon snack Pan-fried crepes / mashed raspberries / drinkable yogurt	Lunch SOUP Tomato soup with chickpeas, sour cream. Dark whole-grain bread 1ST MAIN COURSE Turkey "Tikka Masala" with cream 2ND MAIN COURSE Convection-baked pork lasagna 3RD VEGETARIAN MAIN COURSE Vegetable patties with cheese (broccoli, cauliflower, onions, carrots) / Yogurt and cucumber sauce "Tzatziki" HOT SIDE DISH Steamed fluffy pearl couscous VEGETABLE SIDE DISH Fresh carrot and daikon radish salad with dill and olive oil Assorted vegetables (Lettuce leaves, bell pepper sticks) DESSERT Multi-colored jelly (jello) Afternoon snack Flat-top griddle-baked curd (cottage cheese) patties (varškėčiai) / mashed cherries / plain natural yogurt	Lunch SOUP Cream of broccoli and pumpkin soup with coconut milk, sour cream. Garlic fried bread 1ST MAIN COURSE Convection-baked pork and veal meatballs (one large) 2ND MAIN COURSE Chicken nuggets 3RD VEGETARIAN MAIN COURSE Convection-baked potato halves stuffed with curd (cottage cheese) and cheese HOT SIDE DISH Boiled bulgur HOT SIDE DISH Steamed fluffy brown (unpolished) rice VEGETABLE SIDE DISH Marinated cabbage salad with olive oil Assorted vegetables (Fresh cucumbers, carrot sticks) DESSERT Seasonal fruit Afternoon snack Pan-fried cornmeal pancakes with pears / mashed cherries / Warm fruit and berry compote	Lunch SOUP Vegetable soup (onions, carrots) with cod pieces, sour cream. Ciabatta 1ST MAIN COURSE Finely grated potato casserole (Kugelis) / Sour cream and butter sauce 2ND MAIN COURSE Hot dogs, homemade "Marinara" tomato sauce, crispy fried onions 3RD VEGETARIAN MAIN COURSE Tortilla rolls with beans, corn, and vegetables HOT SIDE DISH Convection-baked French fries VEGETABLE SIDE DISH Boiled beetroot salad with sunflower seeds and olive oil Assorted vegetables (Baked beans in tomato sauce, lettuce leaves, canned corn) DESSERT Carrot cake Afternoon snack Convection-baked homemade banana bread / fruit yogurt

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