



**GERMAN
INTERNATIONAL
SCHOOL | Boston**

Star Academy **SAMPLE MENUS

	Sample Week	Sample Week	Sample Week	Sample Week
Monday	Tomatoes soup	Noodle soup	Noodle soup	Cream soup
	Chicken cutlets and buckwheat	Salmon with teriyaki sauce and rice	Couscous and french style chicken	Chicken Plov
	Mediterranean salad	Steamed broccoli	Mediterranean salad	Tomatoes and cucumbers salad
Tuesday	Noodle soup	Buckwheat soup	Minestrone soup	Green borscht
	Chicken stroganoff and rice	Chicken nuggets and pasta	White rice and chicken teriyaki	Mashed potatoes with Chicken cutlets
	Avocado salad	Cucumbers and tomatoes	Steamed broccoli	Greek salad
Wednesday	Meatball soup	Mushroom soup	Chicken lemon soup	Buckwheat soup
	Chicken schnitzel and pasta	Chicken cutlets and mashed potatoes	Fish cutlets and mashed potatoes	Mac and cheese
	Corn salad	Corn and carrot salad	Corn and green peas salad	Salad with beef bacon and lettuce, tomatoes, cheese
Thursday	Yellow pea soup	Fish soup	Green borsch	Meatball soup
	Chicken plov	Spanish rice	Meatballs with sauce and pasta	Homemade meatballs with sauce and buckwheat
	Caesar salad	Caesar salad	Caesar salad	Cauliflower with egg
Friday	Red borsch	Red borsch	Red borsch	Noodle Soup
	Pasta bolognese	Chicken french style and couscous	Grilled Chicken and Bulgur	Beef Stew with Potatoes
	Garden salad	Mediterranean salad	Garden salad	Caesar salad

Spanish Rice- Version of paella with sausage

Chicken Stroganoff- Chicken stroganoff is a variation of the classic Russian dish, made with tender chicken and a creamy, savory sauce.

Chicken Plov- is a hearty, aromatic Central Asian/Eastern European one-pot rice pilaf featuring tender chicken, fluffy rice, caramelized onions, and carrots

Red Borscht- Beet Cabbage Potato Soup

Green Borscht- Spinach Vegetable Soup

Buckwheat Kasha- It is a staple food in Eastern European and Russian cuisines, typically prepared as a hearty side dish

Chicken French style- is a casserole dish involving layers of meat, onions, sometimes potatoes, and a topping of mayonnaise and cheese

	Sample Week	Sample Week	Sample Week	Sample Week
Monday	Tomatoes soup	Vegetable cream soup	Buckwheat soup	Green borsch
	Chicken nuggets and fries	Chicken teriyaki and white rice	Chicken French style and couscous	Chicken cutlets and pasta
	Mediterranean salad	Steamed broccoli	Mediterranean salad	Caesar salad
Tuesday	Noodle soup	Noodle soup	Meatball soup	Buckwheat soup
	Chicken stroganoff and rice	Chicken nuggets and pasta	Salmon teriyaki and rice	Chicken nuggets and pasta
	Avocado salad	Caesar salad	Steamed broccoli and cauliflower	Cucumbers and tomatoes
Wednesday	Meatball soup	Chicken lemon soup	Noodle soup	Mushroom soup
	Chicken schnitzel and mac and cheese	Beef stew and wedge potatoes	Chicken kebab and baked sweet potatoes	Chicken cutlets and mashed potatoes
	Corn salad	Tomatoes and cucumber	Corn and green peas	Corn and carrot salad
Thursday	Yellow pea soup	Buckwheat soup	Fish soup	Fish soup
	Chicken plov	Meatballs and pasta	Fried rice	Fried rice
	Caesar salad	Corn and bell peppers	Tomatoes and cucumbers salad	Tomatoes and cucumbers salad
Friday	Red borsch	Red borsch	Red borsch	Red borsch
	Pasta bolognese	Chicken french style and couscous	Chicken cutlets and pasta	Chicken French style and couscous
	Garden salad	Mediterranean salad	Caesar salad	Mediterranean salad

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