



ALBANIAN INTERNATIONAL SCHOOL
TIRANA
Dream bigger - Learn better - Shine brighter

www.ais-tirana.org

Tel: +355 4 2273 488

October Menu

Please notice that the menu might change depending on local produce!!!!

First Week

Date: 04/10/2021 – 08/10/2021

	Monday
Snack	PRE-K and KG: Chef Vera's Donuts, homemade jam, boiled eggs, milk. Grades 1-9: Bread with cream cheese, homemade jam, boiled eggs, milk.
Lunch	Seasonal vegetables and stock cream soup, bio chicken, risotto, bean stew, yoghurt, tomato and cucumber salad, fruits (banana, apple, peach)
	Tuesday
Snack	Bread with jam/cheese, boiled eggs, milk/juice.
Lunch	Veal stock and red pumpkin cream soup, pasticcio, steamed broccoli, yoghurt, salad, fruits.
	Wednesday
Snack	Bread with jam/cheese, boiled eggs, bruschetta, cereal (for PRE-Ks&KG), milk.
Lunch	Meat and potato stew, Bulgur, homemade meatballs, lettuce and vegetables salad, fruits.



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	Thursday
Snack	Bruschetta, bread with butter and jam/cheese, boiled eggs, milk/juice.
Lunch	Chicken soup, pasta with cheese/tomato sauce/heavy cream panna, Bolognese sauce, yoghurt, salad, fruits
	Friday
Snack	Bread with butter & honey, cereal (for PRE-Ks&KG), juice/milk.
Lunch	Pre-School and Kindergarten: Vegetables cream soup, rice, chicken, fresh vegetables salad, seasonal fruits, cake. Grades 1-9: Vegetables cream soup, sandwiches, seasonal fruits, cake.



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