



**THE ENGLISH SCHOOL
OF MONGOLIA FOOD MENU
2020-2021 TERM II**



Week I	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	BEETROOT VEGETABLE SOUP	CHICKEN BUCKWHEAT SOUP	SPINACH BANTAN OR LAKSA	HARCHO	VEGETABLE SOUP WITH HOMEMADE NOODLE
MAIN I	PILAW WITH MINCED BEEF	TERIYAKI CHICKEN	LYULYA KEBAB	BIG DUMPLINGS	TEFTELLI WITH MASHED POTATO
MAIN II	GOULYASH	CHOW MEIN	CURRY WITH RICE	SCHEPHERD'S PIE	SPAGHETTI BOLOGNESE
MAIN III	CHICKEN MANCHURIAN	BEEF JEYUG	SESAME CHICKEN	KIMCHI STEW	FISH AND CHIPS WITH TARTAR SAUCE
SALAD	FRESH VEGETABLE SALAD	APPLE AND CARROT	GARLIC CARROT SALAD/ FRESH TOMATO AND CUCUMBER	STEAMED VEGETABLES	CABBAGE AND CARROT
DESSERT	CACAO CAKE,FRUIT SLICE, COOKIE, FRUIT SLICE, GREEN CAKE				
DRINK	MILKY WATER, RAISIN JUICE,CURD SEABUCKTHORN JUICE, LEMON AND CRANBERRY JUICE, BLACKBERRY AND APPLE JUICE				





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Week II	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	BEEF BONE MILLET SOUP	PEARL BARLEY	CARROT BANTAN OR MISO	LAPSHA OR KHUITSAA	VEGETABLE SOUP WITH BEANS
MAIN I	FARFALLE PASTA	PIROSHKI	MEATBALLS IN TOMATO SAUCE	CHICKEN NUGGETS	CHICKEN SPAGHETTI PASTA
MAIN II	SCHNITZEL	BEEF CUTLETS IN GRAVY	BULGOGI	YAKI UDON	VEGETABLE STIR FRY
MAIN II	TANDOORI CHICKEN	SWEET AND SOUR CHICKEN	JAJANGMYEON	KALBIJIM	SCHREDDED BEEF IN HOT GARLIC SAUCE/ FISH AND CHIPS
SALAD	FRESH VEGETABLE SALAD	MUSHROOM AND NOODLE/ CUCUMBER AND APPLE	CARROT AND CABBAGE SALAD	POTATO SALAD/ FRIED POTATO	VINEGRET
DESSERT	RED VELVET CAKE,FRUIT SLICE, ROLL, FRUIT SLICE, COOKIE				
DRINK	RAISIN JUICE, CURD CRANBERRY JUICE, MILKY WATER, SEABUCKTHORN JUICE, STRAWBERRY/APLLE JUICE				

