



INTERNATIONAL SCHOOL
ZURICH NORTH

Lunch



Lunch Menu Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup, Fresh Bread & Toppings	Tomato & basil	Bündner Gerstensuppe	Potato	Chickpea & Swiss chard	Gemüsesuppe
Main	Bratwurst mit Zwiebelsauce	Pork meatballs & tomato sauce w/ spaghetti	Tartiflette	Spinach, Capers, Olives & Tuna Pie	Fischchüechli
Vegetarian	Chickpea falafel pitta parcel w/ tomato jam	Pumpkin & feta risotto	Walliser Rösti	Couscous stuffed zucchini	Vegetable ratatouille
Sides	Oven roast potato wedges Carrots Peas	Broccoli Cauliflower	Sweetcorn Steamed greens	Handmade focaccia Corn on cob Broccoli	Roast potato wedges Peas Carrots
Fresh fruits	Fruit pot	Apple strudel	Sunshine smoothie	Fruit selection	Double chocolate & raspberry brownie

Salad bar. Fruit & Crudites served daily