ELA BASEL International School

Menu for the Week

Primary and Secondary Campus
W/C 30.11.2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Break Snack	Fruit and Bread	Fruit and Bread	Fruit and Bread	Fruit and Bread	Fruit and Bread
Lunch	**Main** Lasagne with broccoli **Vegetarian** Vegetarian lasagne	**Main** Polenta in tomato sauce with flavoured tofu and vegetables	**Main** Couscous with green peas, peppers and braised chicken wings **Vegetarian** Braised Quorn fillets **Vegetables** FFF	**Main** Roasted pumpkin soup with bread rolls	**Main** Chicken and mushroom pizza **Vegetarian** Mushroom pizza
Lunch Dessert	Summer fruit gâteau	Coconut and mango mousse	Fresh fruit salad	Lemon and vanilla cake	Ice cream
Afternoon Break Snack (Y1-2)	Fruit and Bread	Fruit and Bread	Fruit and Bread	Fruit and Bread	Fruit and Bread
Afterschool Snack	Bread and vegetable sticks	Fruit & yoghurt	Bread & fruit	Bread & vegetable sticks	Bread, cheese & fruit
Meat/Fish Origin	🇨🇭		🇨🇭		🇨🇭
Nutritional Information	**Nutrition:** Protein, carbohydrates, fats, fibre, vitamin a, b, c, d, e & k **Fruit:** Plums, pears, apples, blueberries, mango and pineapple.				