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## ISSUE 12 Friday 2<sup>nd</sup> December

**"December's wintery breath is already  
clouding the pond, frosting the pane,  
obscuring summer's memory..."**

*John Geddes*

Dear Parents,

While Wrocław remains a flake-free zone, as I write, this is not the case for much of Poland and certainly a deep veil of snow has settled on the capital. Thus the weather is also getting into the Christmas spirit. Over the remaining two weeks of term the pupils will be busy performing at their various end of term concerts and I am looking forward to seeing them all in action.

In addition, we are taking our secondary students to Kraków on Dec 13<sup>th</sup> to watch; 'The Little shop of Horrors' BISC Krakow's musical production and we trust this will strengthen the links between our two school. Our Pupil Council started the Christmas season rolling on Thursday 1<sup>st</sup> December with their film & pizza evening, showing the

Christmas classic, Home Alone. Well done to the organising committee.

We also have our PTA fundraising and Christmas charity endeavours and I thank all involved in these. (details inside)

When I first came to Poland 20 years ago I was involved in organising a carol concert for my previous school in Warsaw and faced great difficulty getting agreement on staging this in a church. The main issue was a theological one: carols should be sung from Christmas Eve onwards and were not appropriate during the season of Advent. The four weeks prior to Christmas were designated as a time of fasting and reflection.

I had the opposite experience in the Caribbean where the major radio stations played Christmas music 24/7 from November 25<sup>th</sup> to Christmas Day and then when the Christmas season had just begun it all stopped. From Boxing Day Dec 26<sup>th</sup> all Christmas songs were played no more. Valentine decorations had

already started to appear on the shelves in late December.

Growing up in Ireland in the countryside, the post-Christmas period was a very merry one. This was partially due to the seasons on the farm. Milking cows had gone dry, the calving season had not begun, farmers had some time on their hands and it was the time to visit neighbours and friends.

Hopefully we can find the happy medium between all these extremes. The expectations of the holiday season can often be hyped so much that we fail to enjoy the actual event. After a busy and productive term at school we all deserve a time of rest, of family and of light in winter's darkness. I wish you all a December full of those gifts and just a little snow.



Best regards,  
Tom McGrath  
Head of School

BRITISH INTERNATIONAL SCHOOL WROCLAW

# NEWSLETTER

WEEKLY SCHOOL INFORMATION, EVENTS AND NEWS



### CONTACT DETAILS:

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# BRITISH INTERNATIONAL SCHOOL WROCŁAW - CALENDAR OF EVENTS

## December 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5</b> Morning briefing All Staff Members 8.20am – 8.30am ICT room  Primary Staff Meeting 3.40pm Year 4 Shoebills room small villa  Secondary Staff Meeting 3.40pm F3 room, big villa	<b>6</b> Santa at School : )	<b>7</b> Morning briefing All Staff Members 8.20am – 8.30am ICT room	<b>8</b> Christmas Concert Secondary School 4.00pm big villa  PTA Christmas Bake- Off former Y6 Leopards classroom small villa	<b>9</b> Primary School Assembly 8.35am  Second level of the English competition zDolny Ślązaczek 8.30am WSF ul. Sienkiewicza 32  Secondary School Assembly 10.30am  PTA Christmas Bazaar	<b>10</b>	<b>11</b>
<b>12</b> Morning briefing All Staff Members 8.20am – 8.30am ICT room  Primary Staff Meeting 3.40pm Year 4 Shoebills room small villa  Secondary Staff Meeting 3.40pm F3 room, big villa	<b>13</b> Christmas Concert Primary School 5.00pm Firlej Theatre Grabiszyńska 56	<b>14</b> Morning briefing All Staff Members 8.20am – 8.30am ICT room  Christmas Concert Foundation 9.00am Foundation Unit	<b>15</b> Winter Camp second installment payment deadline	<b>16</b> Primary School Assembly 8.35am  Secondary School Assembly 10.30am  Half Day School closes at 12.05pm  Staff party 12.30pm	<b>17</b>	<b>18</b>
<b>19</b> Christmas break	<b>20</b> Christmas break	<b>21</b> Christmas break	<b>22</b> Christmas break	<b>23</b> Christmas break	<b>24</b>	<b>25</b>

### REMINDERS FOR PARENTS



Please take care when parking  
around the school.

Avoid blocking entrances to  
neighbours' houses and driveways.

**DO NOT PARK ON THE ZEBRA  
CROSSINGS!**

1. Mr Hae Sung Lee, our Korean Coordinator is available in the Korean room on:

Mondays: 8:00-10:30 / 12:05-15:30  
Tuesdays: 8:00-9:25 / 11:20-13:50  
Wednesdays: 8:00-9:25 / 12:55-13:50  
Thursdays: 10:10-10:30 / 12:05-13:05  
Fridays: 8:00-9:25

**Contact details:**

**Hae Sung Lee** - haesung.lee@bisc.wroclaw.pl

2. School doctor is available for Parents and Staff on Thursdays from 10.00am till 12.05pm (G8 room, big villa)

3. Dear Parents,

Please note that there will be no Football Club on Tuesday December 6<sup>th</sup>.

4. We would like to remind all parents that they should label their children's BISC uniforms, as sometimes the clothing items are left behind in the playground. A name label makes the identification process much faster and easier : )

5. For security reasons all adults other than parents guardians who collect children from the School must be authorised in written form to collect the pupils. This written authorisation must include the id details of the adults and must be signed by both parents and delivered to the school secretary, Ms Katarzyna Frankiewicz.

6. As you know we are very happy for parents and children to remain on the school grounds at the end of school and enjoy the facilities. However we must reiterate that after you have collected your children at 3.25pm **you must supervise them carefully on the school premises and play equipment**. We would ask parents of children using the slide and climbing frame to please stay near the children beside the equipment to ensure that they are fully supervised and can play safely. Also, please remind your children that they should not play inside the school after 4:00 pm. Of course children are allowed to use toilets on the ground floor if they need to. We are sure that all parents understand how important it is to keep the children safe. Thank you for your support.

7. The BISC Department of Finance & Administration kindly reminds that all overdue school fees are paid by 12th December 2016 at the latest. Please note that in the event of overdue payment, the School reserves the right to withhold all documents referring to the Student, including school records and examination certificates, until the outstanding fees are paid.

## Extra Curricular Activities 2016/2017

ECA	TEACHER	AGE GROUP	WHERE	WHEN
Kendo Club	Takaharu Uesugi	Y1 upwards	Dębowa Gym Dębowa 9b	Tuesdays 3.45pm - 4.35pm
Swimming Club Beginners 1 <sup>st</sup> group	Marcin Kwasiuk & Jacek Lelewski	Year 1-2 and beginners	SSP72 ul. Trwała 17-19	Mondays 3.50pm - 4.35pm
Swimming Club Beginners 2 <sup>nd</sup> group	Marcin Kwasiuk & Jacek Lelewski	Year 1-2 and beginners	SSP72 ul. Trwała 17-19	Fridays 5.20pm - 6.05pm
Football Club	Michał Król	Year 1 upwards	School premises	Tuesdays 3.45pm - 5.00pm
Basketball Club	Marcin Kwasiuk	Year 1-5	SSP72 ul. Trwała 17-19	Fridays 4.00pm - 5.15pm
Polish Club	Anna Łoboziak	Year 1-6	Year 2 Dragonflies classroom small villa	Tuesdays 3:40pm - 4:20pm
Stories and Tales Club	Ewelina Pachla	Year 2-3	Year 2 Dragonflies classroom small villa	Wednesdays 3:40pm - 4:20pm
Maths Support	Anna Witańska	Year 2-6	Year 4 Shoebills classroom small villa	Tuesdays 3:40pm - 4:20pm
Discussion Club	Jennifer Jones	Year 3-4	Year 3 Foxes classroom small villa	Tuesdays 3:40pm - 4:20pm
Primary Orchestra	Maciej Połuszny	Year 3-6	G11 room big villa	Wednesdays 3:40pm - 4:20pm
Swimming Club intermediate and advanced	Jacek Lelewski	Year 3-11	SSP72 ul. Trwała 17-19	Wednesdays 4.35pm – 5.20pm
Basketball Club	Marcin Kwasiuk	Year 6 upwards	SSP72 ul. Trwała 17-19	Tuesdays 4.00 pm - 5.15 pm
Maths Kangaroo Club	Justyna Zajac	Year 6 upwards	F6 room big villa	Thursdays 3.35pm – 4.20pm
Scrabble Club	Ewa Gołębek	Secondary	S2 room big villa	Wednesdays 1.20pm – 1.45pm
Secondary Orchestra	Jakub Stefaniszyn	Secondary	G11 room big villa	Thursdays 1.10pm – 1.50pm
Singstar Club	Jakub Stefaniszyn	Secondary	G6 room big villa	Fridays 1.10pm. – 1.50pm
School band	Jakub Stefaniszyn	Secondary	G11 room big villa	Fridays 3.35pm – 5.00pm
Polish for Parents Beginners	Anna Sawiel	Parents : )	EAL Room small villa, first floor	Tuesdays 1.50pm – 3.30pm
Polish for Parents Intermediate	Ania Sawiel	Parents : )	S7 room big villa	Thursdays 1.50pm – 3.30pm
English for Parents	Iwona Sokołowska	Parents : )	G10 room big villa	Tuesdays 2.00pm – 3.25pm

## News from Head of Primary



It looks like we have only two week left until the Christmas break! A time impatiently awaited by children and probably by the teachers too! A time to be spent on giving present – and what kind of presents make children smarter? What are the tools to support the children in becoming successful? In other words, what should we put in the Christmas stocking this winter? Well, Science says it will not be just toys...

Surprisingly enough, it turns out that signing children up for music lessons might help! Actually, research has proven, music helps both children and adults get smarter. All right then, what else is worth taking up? A fitness or a sports class. Being in good shape increases the ability to learn. A 3 month exercise regimen increased blood flow to the part of the brain focused on memory and learning by 30%. So, get sporty – or perhaps just go for a long walk.

Another piece of advice is not to read to kids, but read with them. Got a little one who is learning to read? Don't let them just stare at the pictures in a book while you do all the reading. When shared book reading is enriched with explicit attention to the development of children's reading skills and strategies, then shared book reading is an effective vehicle for promoting the early literacy ability even of disadvantaged children.

Instead of another video game, why not offer children some....sleep? According to scientists, sleep deprivation makes children....dumb. A loss of one hour of sleep is equivalent to the loss of two years of cognitive maturation and development!

Of course, a healthy diet is an important factor, too! When 16 college students were tested on attention and thinking speed, then fed a five-day high-fat, low-carb diet heavy on meat, eggs, cheese and cream and tested again, their performance declined.

Let us then see who was well-rested, well-fed and very successful this week:

Foundation Bees and Bears - Do Hyun and Lara  
Year 1 Rabbits - Deniz and Aryanshi  
Year 2 Dragonflies - Seoyul  
Year 3 Foxes - William, Mimi and Seo Won  
Year 4 Owls – Soshiro and Yash  
Year 4 Shoebills - Hye Lin and Dong Yeong  
Year 5 Coyotes - Jessica  
Year 6 Wolverines - Ji Sung, Julia and Sang Eun

Congratulations, Stars!

Wishing you a nice weekend,

Anna Witańska  
Head of Primary

## News from Head of Secondary



It was another eventful week for secondary to enjoy. Our 6<sup>th</sup> Form Band participated in a competition on Wednesday in Kłodzko, other students have been rehearsing for the upcoming Christmas concert, a Savoury Snack event took place for Year 9 and everyone enjoyed our first snowfall of the season.

I had a chance to visit a few of the Art classes this week and I am very impressed with the quality of work the

students are producing. Year 8 students finished their still-life drawings, which were outstanding, and Year 7 students enjoyed a project involving the creation of a winter scene using the cut-out technique. Year 10 students have been in the middle of their mock exam, which they needed to finish within a certain time limit. Their individual projects are very impressive, which is a true measure of their patience and devotion to their work.

Thank you students for such a great week!

Enjoy your weekend,

Joe Peck  
Head of Secondary

## News from Polish School



Święty Andrzej wróży szczęście i szybkie zameście.

Korzystając z magicznego dnia, jakim są andrzejki, dzieciaki z naszej szkoły uchyliły drzwi do przyszłości. Najpierw zapoznaliśmy się z powoli odchodzącą w zapomnienie staropolską tradycją, potem przeszliśmy do praktyki. Było mnóstwo śmiechu, kiedy odkrywały imiona i zajęcia swoich przyszłych życiowych partnerów. Nie mogły się doczekać końca wyścigu butów,

który wskazał kto pierwszy stanie na ślubnym kobiercu. A jako że wesela tanie nie są, może już dzisiaj powinni Państwo zacząć na nie oszczędzać (szczególnie rodzice Julki i Idy ;).

Ale najpierw nauka, potem zabawa. 9 grudnia o godz. 8.30 odbędzie się drugi etap konkursu zDolny Ślązaczek, do którego przeszli: Julia Sawicka, Alexia Money-Kyrle, Przemek Żukowski i Anshumali Johri. Tym razem uczniowie stawiają się w Wyższej Szkole Filologicznej przy ulicy Sienkiewicza 32, gdzie wspólnie z reprezentantami innych szkół przystąpią do godzinnego testu. Po konkursie wszyscy razem wrócą na trzecią lekcję.

Proszę koniecznie wyposażyć dzieci w aktualne legitymacje szkolne, które są warunkiem dopuszczenia do konkursu.

Powodzenia!

Dyrektor Szkoły  
Magdalena Mrozowska



## Spotlight on Year 10

This year we started our GCSE courses. My first impression of them was positive, although I need to explore more deeply the material. My time spent on each subject hasn't changed, but my attitude became more serious. I cannot say which class is the easiest or the most difficult one; however, I tend to be better at creative tasks where you can show imagination. My future plans are yet unclear.

*Daria*



I think Year 10 is the time when I really have to start studying for the GCSE exams. Courses and materials got much harder and I am spending more time studying than I used to do when I was in Year 9. In my opinion, Biology is the most difficult course right now.

Biology is completely new for me, with a new teacher, new book and difficult materials. I guess I would need to study much harder from now on.

*Yunwha*

In my opinion, GCSE classes are difficult. There are much more difficult topics than there were in Year 9. Also, the tests got difficult as well. That's why I need to study harder than in Year 9. From GCSE courses, I think Art, Biology and Korean are the most complicated courses because these subjects had the most change from Year 9.

*Sanghee*



GCSE classes are different than before. In my opinion, it's more difficult than Year 9 because we have new subjects that we never done before and we need to study harder. For me, Art, Biology and Korean are the most difficult subjects because it is a big change from Year 9.

*Dauen*



GCSE courses are important for the future. Therefore, we have to study more than before because tests are harder than tests in Year 9. For me, Science tests are the most difficult. We have more subjects like Biology and Physics, so we need more time to study and gain more knowledge. Also, GCSE is a significant curriculum, so teachers are strict in a good way. If you want to get a good score on the Year 10 tests, you must prepare and study now!

*Yejin*



# WROCLAW MODEL UNITED NATIONS 2016

Last week saw our Sixth Form students participate in their first international conference along with over 150 of their peers from Wroclaw, Warsaw, Opole, Katowice, Hungary, and even places as distant as China (to name but a few)! This was the 20<sup>th</sup> annual edition of WrocMUN. Organised and hosted by students of Wroclaw's Licee No5, proceedings took place at the new SWPS University campus for the better part of the week.

So, what's the idea? 'Model' UN allows students to take on the role of delegates of member-states and to represent them in the deliberations of mock versions of special committees, the Security Council, and of course, the General Assembly itself. This is a wonderful opportunity for students to practice public speaking, work in a team environment on international problems, and to get to know the inner workings of such significant international organisations.

One participant quipped: 'Everyone knows that the real decisions are taken behind the scenes at the business power lunches and after-parties.' That may well be, but the process that leads to those decisions is labour-intensive. This version of the MUN had many committees burning the midnight oil, such as: the Disarmament and International Security Committee, the Historical Security Committee, the UN Economic Commission for Europe, the UN Entity for Gender Equality and the Empowerment of Women. Students were tasked with working through crises and presenting potential UN resolutions ultimately seeking a solution to these 'real world' problems.

How did our students respond to this challenge? What experiences did they take away from it? Jooyoung, a 'Disarmament Committee & China' delegate, said that the experience helped 'motivate her to study English harder, because she saw first-hand the high standard she should aspire to.' An 'International Court of Justice Judge' (Eunjih) said that she had a great opportunity to practise making presentations. The 'Sweden' delegate, Jaein, felt that this was 'a chance to experience a bit of the real world, cooperating with new acquaintances to put theoretical knowledge into practice.' A 'Security Council & China' delegate (Hyunah) said that she learned a lot about public speaking and negotiation, and about making speeches within set time limits. Soyi, a 'United States & Disarmament Committee' delegate, made the point that she learned a lot from her peers, mainly about how to speak with others about global problems such as peacekeeping. Another 'United States & Economic Commission for Europe' delegate, Ayumi, said that: 'I learned how to express my opinions about the world in proper speech.' Yezu, the delegate for 'Ireland & Economic Commission for Europe', was pleased to be presented with the possibility of 'interacting with other high-school students and learning about their experiences.' WrocMUN has been an interesting experience for all concerned.

The next MUN is scheduled to be held in Katowice (KatMUN) in January and BISC looks forward to sending another delegation to that event!

Alexander Sitkowiecki  
Year 13<sup>th</sup> Form Tutor



# BISC SPORTS TOURNAMENT

On Saturday the 19<sup>th</sup> of November 2016, BISC Wroclaw hosted BISC Krakow for the inaugural sports tournament between the two schools. Both parties hope that this varsity match will continue for years to come.

The first fixture of the day was girl's unihoc. Hopes were high for the home team after reaching the semi-finals of the recent Wroclaw tournament. However, the less experienced Krakow side had some skilled players who would not make it easy for the Wroclaw team. A close game was battled out between the two sides but in the end the visitors scored the decisive point which was enough to secure the victory in the opening contest.

Final score: Wroclaw 0 - Krakow 1

The second fixture of the day was the highly anticipated Football. Both teams were pumped up and ready to show their skills in what was to be a thrilling contest. From start to finish, the match was end to end and goals galore! In a game packed with thrills, skills, goalkeeping spills and controversial refereeing decisions, Krakow took an early lead. Wroclaw soon struck back with the dynamic duo of the Sawicka twins, Magda and Julia, linking up well and swinging the game back into Wroclaw's favour with a flurry of goals. Finally, Krakow scored late in the game to level the contest at a magnificent 3-3 draw.

Final score: Wroclaw 3 - Krakow 3

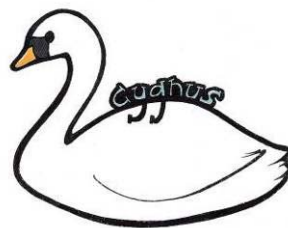
In the final contest of the day, the girls' basketball. It was a well-trained Wroclaw senior girls' team ready to take on their Krakow sister school. Both teams played some wonderful basketball at times and scored some outrageous baskets. Krakow had a long distance star shooting 3 pointers with ease but it was the Wroclaw team who shone the brightest. Excellent passing movements and meticulous lay ups, that had Coach Marcin grinning like a Cheshire cat, sent Wroclaw into a soaring lead. In a performance reminiscent of the Harlem Globetrotters, the Wroclaw team, with some players who had never played basketball until this academic year, galloped to victory.

Final score: Wroclaw Many - Krakow Some

At the end of the day, with both schools winning one contest each and a tie in the football, the contest was declared a victorious draw and all competitors celebrated with pizza and juice back at the BISC canteen. The day was such a success the two schools agreed to battle it out again early next year, next time on mountain slopes in the inaugural BISC winter games.

Report by Mr Danny Young

# HOUSE SCORES 2016/2017



1<sup>st</sup>

Place

2<sup>nd</sup>

Place

3<sup>rd</sup>






Place

4<sup>th</sup>

Place

## MERIT CHALLENGE

Merit Challenge this week	Jokes
Merit Challenge next week	Manners

	Cygnus	Phoenix	Lupus	Pegasus
HOUSE SCORES				
Weekly Points	2	3	1	4
Weekly Winner				
Total Points	24	28	37	21
Weekly Merits	585	587	464	609
Total Merits	4418	3848	5141	3836
RANKING	3rd PLACE	2nd PLACE	1 <sup>st</sup> PLACE	4th PLACE

### Primary House Captains:

	Cygnus	Phoenix	Lupus	Pegasus
	Gayeon Lee Year 6 Yellow Wolverines	Magda Sawicka Year 6 Yellow Wolverines	Jack Kidd Year 6 Blue Wolverines	Jin Hwan Bae Year 6 Blue Wolverines

### Secondary House Captains:

	Cygnus	Phoenix	Lupus	Pegasus
	Yunhwa Jung Year 10	Yejin Lee Year 10	DongMin Seo Year 9	Sang Hee Park Year 10

### Secondary House Vice Captains:

	Cygnus	Phoenix	Lupus	Pegasus
	Borys Rusko Year 7	Alicia Marie Mcinerney Year 7	Jin Seong Kim Year 7	Anastasia Lacroix Year 7





PTA BISC Wroclaw on Facebook:

[goo.gl/WNw25e](https://goo.gl/WNw25e)

[pta@bisc.wroclaw.pl](mailto:pta@bisc.wroclaw.pl)

## **1. Bake-a-Cake and Savoury Snack Days**

The Bake-a-Cake and Savoury Snack Days in Year 2016/2017 are as follows:

January 11, 2017	Year 6 Wolverines
February 1, 2017	Year 1 Rabbits
February 15, 2017	Year 3 Foxes
March 8, 2017	Year 7
March 22, 2017	Year 4 Shoebills
April 5, 2017	Year 2 Dragonflies
May 10, 2017	Year 4 Owls
May 24, 2017	Year 8

## **2. Ongoing PTA Activities:**

- PTA Christmas "Nobel Box" Family Charity (November 28 till December 7)
- PTA Christmas Chain Fundraiser (November 28 till December 13)

PTA would like express our sincere appreciation to all of you and the Year 7 Student Leadership Team for supporting the PTA Christmas Charity initiatives. Regarding the "Nobel Box" Family Charity, an updated list will be posted on Schoology regularly to ensure that items do not get repeated in excess. Any money donations are welcome and appreciated to be passed to Miss Kasia (School Secretary in the small villa). PTA will use this money to buy the rest of the items off the list.

## **3. PTA Christmas Bake-Off & Bazaar:**

PTA really appreciates all volunteers to participate in the Christmas Craft Workshops with their beautiful Christmas crafts. PTA would like to invite all parents and students to PTA Christmas Bake-Off with your most delicious and beautiful cakes for jousting on Thursday, December 8. Winning cakes will be announced at assembly and will be raffled off at 2PLN a ticket at the PTA Christmas Bazaar on Friday, December 9. All other cakes will be portioned and sold along with other baked goodies at the Bazaar as well. Everyone is very welcome to come and enjoy it!


Yours,  
PTA

# Lunch Menu for December 2016 – Weranda Smaków

Dear Parents,

To place an order and also to pay for it you must do this online:

1. Please register at <https://system.masterszef.com.pl/Rejestracja/BISC>
2. Please place your order for the whole month. You do not have to order items every day but you need to complete the order form online and please save afterwards.
3. If you have any questions about the “**MASTERSZEF**” system, please contact Mrs Joanna Wierzejska, Project Manager by e-mail ([jwierzejska@masterszef.com.pl](mailto:jwierzejska@masterszef.com.pl)) or by the phone (22 110 50 07).
4. Please note that the new menu for December is now available online.

	05.12	06.12	07.12	08.12	09.12
<b>Soup</b>	Cream of pasnip	Cream of beetroots	Cream of cauliflower	Cream of corn and ginger	Cream of courgettes
	Polish „zurek” with potatoes and hard boiled egg	Cabbage soup with tomatoes	Green beans soup	Zupa ogórkowa z ekologicznych ogórków kiszonych	Barley Soup with root vegetables
<b>Main course</b>	(VEGE) Millet and carrot burgers served with vegetable couscous. Green beans with french dressing. Leek salad	(VEGE) Lentil and leek burgers served with potatoes. Carrot and melon salad. Corn salad with cucumber	(VEGE) Pancakes with sweet cottage cheese and blueberries mousse. Celery salad. Carrot salad	(VEGE) Red kidney beans stew (with courgettes, peppers, eggplant and corn) served with potatoes and beetroot salad	(VEGE) Roasted eggplant served with paraboiled rice and yogurt dip. Chinese cabbage and carrot salad, pickles salad
	(MEAT) Chicken fillet breaded with cornflakes served with vegetable couscous. Green beans with french dressing. Leek salad	(MEAT) Minemeat and leek burgers served with potatoes. Carrot and melon salad. Corn salad with cucumber	(MEAT) Pancakes stuffed with meat and dried plums. Carrot salad. Celery salad	(MEAT) Home made pork stew with potatoes and beetroot salad	(MEAT) Loin burgers with sauce served with paraboiled rice. Chinese cabbage and carrot salad, pickles salad
	(FISH) Pollock fillet breaded with cornflakes served with vegetable couscous. Green beans with french dressing. Leek salad	(FISH) Trout and leek burgers served with potatoes. Carrot and melon salad. Corn salad with cucumber	(FISH) Pancakes stuffed with pollock. Carrot salad. Celery salad.	(FISH) Cod fillet served with potatoes and beetroot salad	(FISH) Pollock filletserved with paraboiled rice and yogurt dip. Chinese cabbage and carrot salad, pickles salad



AROUND BISC WROCLAW

