

## INSIDE THIS ISSUE:

THE HEAD OF SCHOOL MESSAGE  
page 1

SCHOOL CALENDAR AND REMINDERS  
page 2

EXTRA CURRICULAR ACTIVITIES 2016/2017  
page 3

NEWS FROM OUR PRIMARY SCHOOL  
NEWS FROM OUR SECONDARY SCHOOL  
NEWS FROM OUR POLISH SCHOOL  
page 4

AUTHORISATION TO PICK-UP FORM  
page 5

SPOTLIGHT ON YEAR 4 OWLS  
page 6

MAT 2017 CONTEST - RESULTS  
page 8

HOUSE SCORES 2016/2017  
page 9

PARENT TEACHER ASSOCIATION  
page 10

WHAT'S ON IN WROCLAW  
page 11

LUNCH MENU  
page 12

AROUND BISC WROCLAW  
page 13

## ISSUE 21 Friday 3<sup>rd</sup> March

**Spring is nature's way of saying, 'Let's party!'**

**Robin Williams**

Dear Parents,

What a different a week makes! Snow and ice were still prevalent before the half-term break but the sun and mild temperatures have arrived to welcome in the month of March. March 1<sup>st</sup> is St David's Day, the patron of Wales, and the occasion is marked by bright daffodils on display. For the Irish, St Patrick's Day in a fortnight's time is when we shake off the shackles of winter and celebrate the arrival of spring. Soon we can archive the heavy coats, hats and thermal underwear and already, the number of bicycles have significantly increased at school. In

BRITISH INTERNATIONAL SCHOOL WROCLAW

# NEWSLETTER

WEEKLY SCHOOL INFORMATION, EVENTS AND NEWS



Poland, it is the spring solstice that is recognised as the official start of spring but we all hope that in Wroclaw we have a good head start here.

I am a big sports fan and the February/March period is crammed with an intensive schedule of international Rugby games battling for the crown of the 6 Nations Champions. This involves Ireland, England, Wales, Scotland, France and Italy. One reflection is the link between sport and education where resilience, learning from errors, operating at a high performance level under intense pressure are all very relevant skills for learning. Work by the author, Matthew Syed demonstrates that failure is one of the most empowering ways to learn. Of course, failure can only be fostered as a learning experience in an open, supportive environment. We make mistakes when we are stretched, and we reduce such errors in controlled environments such as the training ground or the classroom. The important element here is resilience. We need to push and increase the demands on pupils in such a way that their failures are a learning

experience rather than a demotivating one but research shows pupils and athletes who use failure properly develop a growth mind-set open to analyse, understand and improve performance.

With the secondary council and Ms Verity we are working on a celebration on St Patrick's Day for our secondary pupils after school on Friday 17<sup>th</sup> March. We are hoping to have some Irish dancers, to teach some traditional dances and to organise a ceili. More details next week.

Thank you all for your responses regarding your plans for next year and we are collating these at the moment. For the small number that are leaving it is important to communicate to us in writing regarding your documentation requirements for your school/university transfer. These should reach us by the end of May 2017.



Best regards,  
Tom McGrath  
Head of School



### CONTACT DETAILS:

British International School Wroclaw  
al. Akacjowa 10-12, 53-134 Wroclaw, Poland  
School office tel: +48 71 796 68 61 fax: +48 71 796 68 62  
email: wroclaw@bisc.krakow.pl , head@bisc.wroclaw.pl

# BRITISH INTERNATIONAL SCHOOL WROCŁAW - CALENDAR OF EVENTS

## February 2017 / March 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6</b> Morning briefing All Staff Members 8.20am – 8.30am ICT room  Secondary Staff Meeting 3.40pm F3 room, big villa	<b>7</b>	<b>8</b> Morning briefing All Staff Members 8.20am – 8.30am ICT room  Savoury Snack Day Year 7  Spelling Bee	<b>9</b>	<b>10</b> Primary School Assembly 8.35am  Secondary School Assembly 10.30am	<b>11</b>	<b>12</b>
<b>13</b> Morning briefing All Staff Members 8.20am – 8.30am ICT room  Primary Staff Meeting 3.40pm F1 room, big villa  Secondary Staff Meeting 3.40pm F3 room, big villa	<b>14</b> KS1 Movie Night 3.45pm – 5.30pm G6 room, big villa	<b>15</b> Morning briefing All Staff Members 8.20am – 8.30am ICT room	<b>16</b> Maths Kangaroo Contest  KS2 Movie Night 3.45pm – 5.30pm G6 room, big villa	<b>17</b> Primary School Assembly 8.35am  Secondary School Assembly 10.30am  Year 2 trip to the Museum of Papermaking in Duszniki Zdrój  PTA Spring Bazaar	<b>18</b>	<b>19</b>
<b>20</b> Morning briefing All Staff Members 8.20am – 8.30am ICT room  Primary Staff Meeting 3.40pm F1 room, big villa  Secondary Staff Meeting 3.40pm F3 room, big villa	<b>21</b>	<b>22</b> Morning briefing All Staff Members 8.20am – 8.30am ICT room  Savoury Snack Day Year 4 Shoebills  Advisory Board 4.00pm F3 room, big villa	<b>23</b>	<b>24</b> Primary School Assembly 8.35am  Secondary School Assembly 10.30am	<b>25</b>	<b>26</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 make sure that your telephone contact numbers are updated and your phone is switched on during school time.

**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.** The PTA Spring Bazaar takes place on March 17th. Donations can be dropped at school to the ancillary staff.

## Extra Curricular Activities 2016/2017

ECA	TEACHER	AGE GROUP	WHERE	WHEN
Kendo Club	Takaharu Uesugi	Year 1 upwards	Dębowa Gym Dębowa 9b	Tuesdays 3.45pm - 4.35pm
Football Club	Michał Król	Year 1 upwards	SSP72 ul. Trwała 17-19	Fridays 4.00pm - 5.15pm
Swimming Club Beginners	Marcin Kwasiuk & Jacek Lelewski	Year 1-2 and beginners	SSP72 ul. Trwała 17-19	Mondays 3.50pm - 4.35pm
Drama Club	Aysha Love	Year 1-2	Year 1 Rabbits classroom small villa	Thursdays 3.40pm - 4.20pm
Art in Nature Club	Ashleigh Britton	Year 1-4	Year 4 Owls classroom small villa	Wednesdays 3.40pm - 4.20pm
Basketball Club	Marcin Kwasiuk	Year 1-5	WKK ul. Czajcza 19	Fridays 3.45pm - 5.00pm
Polish Club	Anna Łoboziak	Year 1-6	Year 2 Dragonflies classroom small villa	Tuesdays 3:40pm - 4:20pm
Maths Support	Anna Witańska	Year 2-6	Year 4 Shobills 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
Creative Writing	Gene Goldman	Year 4-6	G7 room big villa	Thursdays 3.40pm - 4.20pm
Art Club	Hye Seung Lee	Year 4-6	Primary Art room big villa	Tuesdays 3.40pm - 4.20pm
Basketball Club	Marcin Kwasiuk	Year 6 upwards	SSP72 ul. Trwała 17-19	Tuesdays 4.00 pm - 5.15 pm
Maths Kangaroo Club	Anna Szumilak Jasztal	Year 6 upwards	F3 room big villa	Tuesdays 3.35pm – 4.20pm
GCSE Polish Club	Ewa Gołębek	Secondary	S2 room big villa	Wednesdays 1.20pm – 1.45pm
Secondary Orchestra	Jakub Stefaniszyn	Secondary	G10 room big villa	Thursdays 1.10pm – 1.45pm
Singstar Club	Jakub Stefaniszyn	Secondary	G11 room big villa	Fridays 1.10pm. – 1.45pm
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



Welcome after the half-term break! We commenced the second half of our second term with changeable, sometimes even violent weather and lots of school activities.

The BISC Factor semi-finalists were assigned to mentors and began their preparations for the big day. All the students were practising their spelling for the upcoming Spelling Bee. On

Friday Year 2 Dragonflies went on their excursion to the Papermaking Museum in Duszniki Zdrój.

It is my pleasure to inform you that the Polish Section of our school is going to organise a course preparing our students to obtain their own bike licence. According to the Polish law, children under age must have such a licence if they wish to ride a bike in the town without adult supervision. Who is eligible? The course is aimed at children aged 10-13 and it will take place at school in the afternoon. There will be more details coming soon. If you are interested, please let me know.

Having seen so much positive energy and smiles in the first week back, let me conclude with a belated Valentine poem which has been submitted by my Mythri from Year 4 Shoebills. A round of applause and 10 merits for Mythri :-)

**A day for  
Friends and family to embrace  
Love is strong, Love is brave  
But love is precious  
You can't give it away.  
Happy Valentine's Day!**

Also, my congratulations to this week's Stars:

Foundation Bees and Bears - Kenzaburo and Mariia  
Year 1 Rabbits - Saatvik  
Year 2 Dragonflies - Ga Eun  
Year 3 Foxes - Irene, Cameron and Emir  
Year 4 Owls – Soo Kyeom and Oliwia T.  
Year 4 Shoebills - Seo Yeong and Hye-Lin  
Year 5 Coyotes - Nohyeon  
Year 6 Wolverines - Przemek, Alex and Julia

Wishing you a pleasant weekend,

Anna Witańska  
Head of Primary

## News from Head of Secondary



Spring weather appears to be here already and students have spent quite a bit of time outdoors this week. It is nice to see the football pitch full of students and to see many activities the students participate in during PE and lunch breaks each day.

Exams for our upper secondary students are just around the corner and it begins with the GCSE Art exam in two weeks. Teachers are well aware of the upcoming exams and are placing quite a bit of effort to ensure that all of the necessary material has been covered by the end of April. The rest of the school year looks to be quite busy for everyone.

Enjoy your weekend,

Joe Peck  
Head of Secondary

## News from Polish School



**„- Proszę pani! Pani pies goni jakiegoś człowieka na rowerze!”  
- Niemożliwe! Mój pies nie umie jeździć na rowerze...” :)**

A Ty to potrafisz? Jeśli tak, jesteś uczniem szkoły podstawowej i masz już dziesięć lat, spróbuj swoich sił, odważ się i zapisz na nasz kurs przygotowujący do egzaminu na kartę rowerową!

Trochę nauki zagadnień dotyczących przepisów obowiązujących rowerzystów, znaków i sygnałów drogowych, bezpieczeństwa na drodze oraz zasad udzielania pierwszej pomocy. Do tego nieco doskonalenia techniki jazdy rowerem i... Jesteś gotowy. :)

Boisz się? Nie ma czego. Zarówno kurs, jak i sam egzamin odbywać się będą w naszej szkole, tuż po lekcjach, pod czujnym okiem znanych Ci nauczycieli.

Widzisz? Nie taki diabeł straszny... Zatem nie zwlekaj. Przyjdź do mnie w przyszłym tygodniu, wpisz się na listę, a już wkrótce będziesz mieć w kieszeni swoje pierwsze własne „prawko” :)

Życzę słonecznego weekendu.

Dyrektor Szkoły  
Magdalena Mrozowska

## Collecting friend's children at pick-up time

Dear Parents,

From time to time, a teacher receives information, usually orally, that a certain pupil is being collected by another pupil's parent. This may be for a club, play date etc...

We fully understand such situations but we also have a responsibility to ensure that there is prior, written authorisation of such a collection.

In each such situation we need written authorisation signed by the parent/s or guardian of the child. It is not sufficient to speak to the class teacher or to email the teacher with this information.

I attach a copy of the authorisation document for your convenience.

Kindest Regards,  
Tom McGrath



### Authorisation to pick-up/drop-off form

I hereby grant permission for the British International School of Wrocław to release my children listed below.

Child's Name and Surname: \_\_\_\_\_

Child's Name and Surname: \_\_\_\_\_

Child's Name and Surname: \_\_\_\_\_

to the following people listed below:

Name and Surname: \_\_\_\_\_

ID Number: \_\_\_\_\_

Relation: \_\_\_\_\_

Phone: \_\_\_\_\_

**We confirm that we take the full legal responsibility for our children's safety after the children are picked up by the person mentioned above.**

Parent's Name and Surname: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Daytime/Cell Phone: \_\_\_\_\_



## Spotlight on Year 4 Owls

Hello everyone!

We have had a great week this week in Year 4 Owls. On Monday, we learned how to make tasty SUGAR-FREE pancakes. They were delicious and heathy, containing at least 3 different types of fruit! We don't want to keep this amazing recipe to ourselves so we will share it with the lovely BISC community.

Enjoy : )

From Ms Ashleigh and the Owls

Greta- The funniest thing was when we were mashing the bananas because it looked like they had little legs to help them slip away.

Arin- I liked the part when I was mashing the bananas because it looked like the banana was ice skating.

Ola- I really liked the part when we were flipping the pancakes because it seemed that they were flying.

Soshiro- The pancakes were so delicious.

Soo Kyeom- I liked making the little pancake and it was delicious.

Yuji- The funniest thing was when we put the fruit on top of the pancakes then ate the fruit first, without sweetening our pancakes.

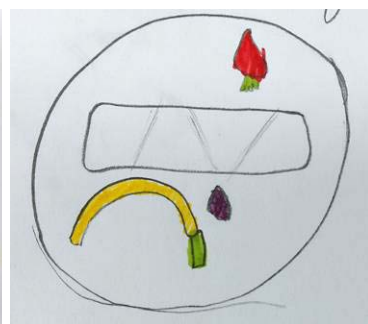
Gain- A funny thing was when we were only eating the topping and not eating the pancakes!

Maks- You need to remember to eat the topping *with* the pancake!

Oliwia T- I like topping my pancakes with honey and fruit! For a treat I have Nutella on top!

Oliwia R- I love pancakes with strawberries.

Tae Hun- On the pancake I had banana and strawberry. It was good.

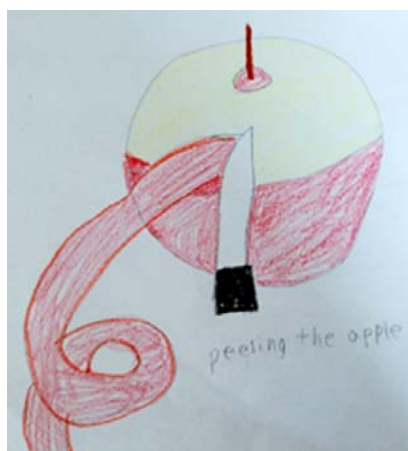
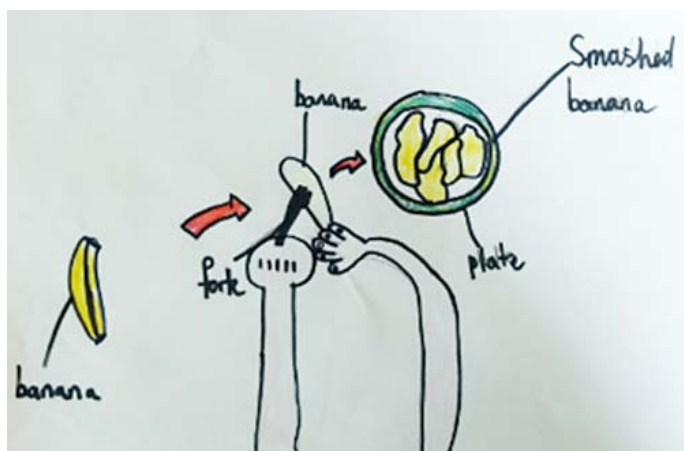


## Sugar-free Pancakes

### Equipment



### Ingredients



1. First mash up the banana until it is smooth.

2. Then carefully peel the apple with a sharp knife.

3. Grate the apple and keep any juice that comes off it.



5. Carefully put a spoonful of the mixture into a hot frying pan. You might need a little bit of oil to stop it sticking.

6. After 1 minute or when you can see bubbles forming on the top, flip over the pancake and cook for a further 60 seconds.

4. Mix together the flour, milk, banana mash, egg, grated apple and juice and stir until combined.

7. Finally you can choose which fruit to put on top of your pancake! We had strawberry, melon and blueberries.



# MAT 2017 Contest - Results

Dear All,

I am pleased to announce **the results of MAT 2017 contest.**

The contest was held on 11th of January at the school. We had 9 participants from Y6-Y11, mostly students attending the Maths club. The students usually find the MAT contest more difficult than Maths Kangaroo. It has a similar form: a single 90-minute test, but instead of choosing one correct answer, a student needs to state for each of given answers, if it is true or false. It is held by 'Jersz', a local talents-supporting organisation.

Our schools' participation (we have taken part in the test for the first time) has overall been successful, as most of the results are in the top-half and all of the results are above the 40th percentile.

The following awards have been granted:

**"A good result diploma" to Rinyu Oshimbe** from Year 6 for the 22nd place in the Lower Silesia, (141th place in the country out of 748 participants)

**"A very good result diploma" to DongMin Seo** from Year 9 for the 8th place in the Lower Silesia, (38th place in the country out of 665 participants)

On behalf of our Maths teachers team I would like to thank all of the students who took part in the test for their hard work. I will send the individual results to students via schoology.

Let me quote a question from this year's MAT test for Year 6 to let everyone be challenged:

*You have to give four YES/NO answers.*

*Q10. All of the digits of a number divisible by 11 are equal. This number can be:  
A) three-digit B) four-digit C) five-digit D) six-digit*

With regards,  
Justyna Zajac  
Secondary Maths teacher



# 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	Abbreviations
Merit Challenge next week	Names of parts of the body

HOUSE SCORES	Cygnus	Phoenix	Lupus	Pegasus
				
Weekly Points	4	3	1	2
Weekly Winner				
Total Points	51	49	58	42
Weekly Merits	514	392	308	370
RANKING	2 <sup>nd</sup> PLACE	3 <sup>rd</sup> PLACE	1 <sup>st</sup> PLACE	4 <sup>th</sup> PLACE

### Primary House Captains:

	Cygnus	Phoenix	Lupus	Pegasus
	Gayeon Lee Year 6 Wolverines Wolverines	Magda Sawicka Year 6 Wolverines	Jack Kidd Year 6 Wolverines	Madhav Sathish Year 6 Wolverines

### Secondary House Captains:

	Cygnus	Phoenix	Lupus	Pegasus
	Yunhwa Jung Year 10	Yejin Lee Year 10	DongMin Seo Year 9	Jeong Min Hong Y11

### Secondary House Vice Captains:

	Cygnus	Phoenix	Lupus	Pegasus
	Borys Rusko Year 7	Alicia Marie McInerney Year 7		Anastasia Lacroix Year 7



PTA BISC Wroclaw on Facebook:

[goo.gl/WNw25e](https://www.facebook.com/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:

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. Upcoming PTA activities:**

Until the end of Spring Term 2016/2017, PTA is planning following activities:

- PTA Spring Bazaar (Friday, March 17)
- PTA Mufti Day (Friday, April 7)

## **3. Time for Spring Cleaning**

We will be having the BISC Spring Bazaar on Friday 17th March. This is our last big fundraiser to raise funds for the BISC garden, and International day.

Please prepare uniforms, household goods, games, toys, books, etc., that you would like to donate. Donation location will be announced in next week's newsletter and on schoology.

## **4. Lost & Found**

Please check the lost and found boxes in the small and big villa by next Friday 10th March. All remaining items will be displayed for parents to check for missing items. Any items left uncollected will go into the bazaar.

Yours,  
PTA

## **Polish Cinema For Beginners**

New Horizons Cinema

Kazimierza Wielkiego 19a-21

<http://www.kinonh.pl/artykul.do?id=1722until>

**11 minutes** – Thursday, 16th March 05:00pm

**Carte blanche** – Thursday, 30th March 05:00pm

## **Nature Morte. Contemporary Artists Revive the Still Life**

The Four Dome Pavilion: Museum of Contemporary Art

Wystawowa 1

<http://pawilonczterechkopul.pl/en/exhibitions/temporary-exhibition/>

until Sunday, 14th May

## **Quran: Calligraphy and Illumination in Ottoman Style**

Ethnographic Museum

Traugutta 111/113

<http://www.muzeumetnograficzne.pl/index.php?lang=en>

until Thursday, 13th April

## **"Flamenco Passion" with Rosario Montoya Farruca**

The White Stork Synagogue

Włodkowica 7

<http://www.ticketpro.pl/jnp/en/zmiany-zmiany/1785111-pasja-flamenco-artysty-z-hiszpacji-i-z-polski.html>

Sunday, 5th March 07:15pm

## **Moscow City Ballet – Swan Lake**

Polish Theatre

Zapolskiej 3

<https://www.ebilet.pl/en/klasyka/balet-taniec/moscow-city-ballet/>

Thursday, 23rd March 07:00pm

Friday, 24th March 04:30pm and 08:00pm

## **World Music – Les Amazones d'Afrique**

National Forum of Music

Plac Wolności 1

<http://www.nfm.wroclaw.pl/en/component/nfmcalendar/event/5397>

Sunday, 19th March 07:30pm

## **Moscow City Ballet – Sleeping Beauty**

Polish Theatre

Zapolskiej 3

<http://www.makroconcert.com/pl/imprezy/moscow-city-ballet-spiaca-krolewna/>

Thursday, 23rd March 07:00pm

## **Bisquit - concert**

Stary Klasztor

Purkyniego 1

[http://staryklasztor.com.pl/event/bisquit/?instance\\_id=397](http://staryklasztor.com.pl/event/bisquit/?instance_id=397)

Tuesday, 28th March 08:00pm

## **Sanluistango**

Stary Klasztor

Purkyniego 1

[http://staryklasztor.com.pl/event/sanluistango/?instance\\_id=400](http://staryklasztor.com.pl/event/sanluistango/?instance_id=400)

Wednesday, 29th March 08:00pm

## **Akram Khan "Until the Lions" - Dance in NFM**

National Forum of Music

Plac Wolności 1

<http://www.nfm.wroclaw.pl/en/component/nfmcalendar/event/5479>

Wednesday, 8th March 07:00pm

## **The Great Improvisation + Ron Carter and Richard Galliano**

National Forum of Music

Plac Wolności 1

<http://www.nfm.wroclaw.pl/en/component/nfmcalendar/event/5144>

Thursday, 16th March 08:30pm

## **The Great Improvisation - Saaqara**

National Forum of Music

Plac Wolności 1

<http://www.nfm.wroclaw.pl/en/component/nfmcalendar/event/5146>

Saturday, 18th March 08:30pm

## **Jesse Cook - concert**

Capitol Music Theatre

Piłsudskiego 67

<http://www.competition.guitarmasters.pl/en>


Sunday, 19th March 05:00pm and 08:00pm

# Lunch Menu for March 2017 – 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 menu for March is now available online.

	06.03	07.03	08.03	09.03	10.03
<b>Soup</b>	Parsnip cream	Beetroot cream with noodles	Cauliflower cream	Cream of corn	Celery soup
	White borsch	Sauerkraut soup with tomatoes	Bean soup	Pickled cucumber soup	Broth with ginger and rice noodles
<b>Main course</b>	(Vege) Frittata with caramelized carrot and spinach, barley grits, peas with vinaigrette	(Vege) Homemade vegetable pizza with champignons, olives and mozzarella	(Vege) Curry with broccoli and coconut milk, rice, celery salad	(Vege) Vegetable lecho with red bean, buckwheat, beetroot salad	(Vege) Oyster mushrooms stew, potatoes, chinese cabbage salad with carrot
	(Meat) Chicken goulash, barley grits, peas with vinaigrette	(Meat) Homemade pizza with vegetables, ham and mozzarella	(Meat) Chicken curry with pineapple and coconut milk, rice, celery salad	(Meat) Pork stew, buckwheat, beetroot salad	(Meat) Chicken strips with gravy, potatoes, chinese cabbage salad with carrot
	(Fish) Cod fillet, barley grits, peas with vinaigrette	(Fish) Homemade pizza with vegetables, tuna and mozzarella	(Fish) Cod curry with coconut milk, rice, celery salad	(Fish) Sole fish chops, buckwheat, beetroot salad	(Fish) Cod fingers, potatoes, chinese cabbage salad with carrot



# AROUND BISC WROCLAW

