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ISSUE 26 Friday 7th April

The rung of a ladder was never meant to rest upon, but only to hold a man's foot long enough to enable him to put the other somewhat higher.

Thomas Henry Huxley

Dear Parents,

As we approach the Easter break many of us will have the chance to relax and recharge. However, for our Year 11,12 &13 pupils, this holiday time will be spent in study rather than on a sandy beach. However, many practical assessments in Art, Languages and in the sciences have already been completed.

As with all external examinations we follow strict procedures on the storage, access and opening of examinations. The papers are sent to us by courier and arrive in sealed packages. These are then stored in a safe and they are opened in the examination hall in the presence of the pupils. The completed examination



BRITISH INTERNATIONAL SCHOOL WROCŁAW

NEWSLETTER

WEEKLY SCHOOL INFORMATION, EVENTS AND NEWS



scripts are collected and then dispatched by courier to the external corrector. We believe that we have very thorough processes in place and I have the responsibility for the careful oversight of these procedures.

Stress is often a word used in connection with examinations and certainly too much stress is worrying and dangerous. However, we all live and work where some level of stress is encountered and we work with pupils to assist them to deal with stress and to use acceptable levels of stress to boost performance. Using the analogy of sport, the real test of ability is in the game situation where the skills of the practice pitch are transferred to a competitive game. Our examination pupils are, we believe, match fit for the upcoming assessments. Pupils have had past papers and some have had mock examinations.

I wish our senior pupils all the very best in their forthcoming examinations that begin in May and may you experience just the right level of stress to perform at your best on the day.

This week we also saw a range of talented performances as BISC Factor drew a large audience and I thoroughly enjoyed the 8 acts on display. We had talents from across the globe and I congratulate all the performers. My special congratulations to our top three acts: in third place, Gayeon, Li Hyun, Yuna, and Yeyn gave a dazzling performance of K-Pop; in second place, Julia and Magda thrilled us with their football skills and Alex Peck came out on top with his amazing guitar skills and stage presence. Certainly this was one of the highlights of this academic year and I thank Ms Iwona, Ms Jen, Mr Maciej, Mr Danny

and Ms Aysha for all their work to make it happen. I also thank Ms Veronica, our Spanish teacher, for her wonderful singing, Mrs Lee for the scenery and to Daria and Borys for their guest appearances.

In addition, to our school performances we have a number of pupils performing at high levels outside the school. I send my best wishes to Przemek Żukowski who features in the Choir "Con Brio" Szkoły Muzycznej im. Grażyny Bacewicz at a gala performance at NFM this Friday. I also wish Emilia Chmielowska the very best as she participates in Polish Indoor Show Jumping Championships this weekend and finally I congratulate Jenny Kang for her participation in the finals of the Wroclaw Mathematics Competition for Middle Schools this week.

We send our best wishes to Ms Justyna Zając who goes on maternity leave on Friday and I thank her for her devotion to her classes over recent months. I am delighted to announce that Mr Rafał Walczak is assuming Ms Justyna's teaching timetable until the end of this academic year. Mr Walczak has a PhD in Mathematics and is very experienced at delivering the IGCSE and A-level courses and over recent weeks he has worked alongside Ms Justyna to ensure a seamless transfer. I also wish Mr Rafał much success and happiness in his new role.

Wishing you all an Easter full of happiness, sunshine and recreation!



Best regards, Tom McGrath Head of School

CONTACT DETAILS:

British International School Wrocław al. Akacjowa 10-12, 53-134 Wrocław, 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 April 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 Easter break	11 Easter break	12 Easter break	13 Easter break	14 Easter break School closed	15	16
17 Easter break School closed	18 Easter break	19 Easter break	20 Easter break	21 Easter break	22	23
24 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	25 Parent Teacher Conference 3.45pm – 6.00pm	26 Morning briefing All Staff Members 8.20am – 8.30am ICT room Parent Teacher Conference 3.45pm – 6.00pm	27	28 Primary School Assembly 8.35am Secondary School Assembly 10.30am	29	30

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. Korean Coordinator

Contact details:

2. School doctor

Dear Parents,

3.45pm till 6.00 pm).

Tuesday 25th April:

- Kendo club - Polish club

- Art club

- Maths support

- Basketball club

3. Parent Teacher Conference

villa).

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

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

Please note, that due to the meetings the following

extra curricular activities are being cancelled:

4. Contact details

Dear Parents,

Please make sure that your telephone contact numbers are updated and your phone is switched on during school time.

5. Art in Nature Club

Please note, that from Wednesday 26th April Art in Nature Club will be discontinued.

6. Office opening hours during the break

Ms. Kasia Frankiewicz's office (small villa)

School doctor is available for Parents and Staff on Monday 10th April – 8.00am – 2.00pm Tuesday 11th April – 8.00am – 2.00pm Thursdays from 10.00am till 12.05pm (G8 room, big Wednesday 12th April – office closed Thursday 13th April – office closed Friday 14th April – office closed Monday 17th April – office closed Tuesday 18th April – 8.00am – 2.00pm Parent Teacher Conferences are coming up on 25th and 26th of April 2017 (Tuesday and Wednesday, Wednesday 19th April – 8.00am – 2.00pm Thursday 20th April – 8.00am – 2.00pm Friday 21st April – 8.00am – 2.00pm

Ms. Kasia Kluka's office (big villa)

Monday 10th April – office closed Tuesday 11th April – office closed Wednesday 12th April – 10.00am – 4.00pm Thursday 13th April – 10.00am – 4.00pm Friday 14th April – office closed Monday 17th April – office closed Tuesday 18th April – 10.00am – 4.00pm Wednesday 19th April – 10.00am – 4.00pm Thursday 20th April – 10.00am – 4.00pm Friday 21st April – 10.00am – 4.00pm

Wednesday 26th April:

- Art in nature club

- Primary orchestra

BRITISH INTERNATIONAL SCHOOL WROCŁAW Extra Curricular Activities 2016/2017

ECA	TEACHER	AGE GROUP	WHERE	WHEN
Kendo Club	Takaharu Uesugi Year 1 upwa		Dębowa Gym Dębowa 9b	Tuesdays 3.45pm - 4.35pm
Football Club	Michał Król	Year 1 upwards	Sport's pitch outside of the school	Tuesdays 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
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 Shoebills classroom small villa	Tuesdays 3:40pm - 4:20pm
Primary Orchestra	Maciej Posłuszny	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
GCSE Polish Club	Ewa Gołąbek	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
GCSE French Club	Magda Mrozowska	Secondary	S6 room big villa	Wednesdays 1.15pm – 1.50pm
Debating Club	Tom McGrath	Secondary	G6 room big villa	Fridays 4.30pm. – 5.30pm
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



The last weeks of the second term have brought many events in the primary school. There were some exciting trips, like Year 6s to Hydropolis, the Water Museum, or Year 3 to the Glass Factory in Piechowice or Year 5 to the Mine Museum in Walbrzych. We had the colourful Drama Day when, for one day, we all transformed into actors and performers. On top of all that, we

enjoyed the long-awaited BISC Factor Finals!

As it is the end of the term, it is also time to say a few 'thank yous'.

First of all, my huge appreciation goes to BISC pupils for being a constant motivation to us, teachers! Many thanks to parents for supporting all the school activities.

A big round of applause to teachers and teaching assistants for their unceasing efforts and unfading enthusiasm for their work.

I would like to thank once more:

- Mr. Marcin, for keeping us all fit and competitive

- Ms. Dorota, Ms. Joanna, Ms. Ashleigh and Mr. Gene for organising the Drama Day

- Ms. Iwona, Mr. Maciek, Mr. Danny, Ms. Jen and Ms. Aysha for preparing the BISC Factor

Let me now thank our Stars of the Week – for their hard work:

Foundation Bees and Bears - Lara and Yukhta Year 1 Rabbits - Aryanshi Year 2 Dragonflies - Seoyul and GaEun Year 3 Foxes - All Year 3 Foxes :) Year 4 Owls - Ola, Oliwia R, Arin, Yuji Year 4 Shoebills - Terry, Seo Yeong, Hye-Lin and Emilie Year 5 Coyotes - Kotaro Year 5 Wolverines - Sri and Przemek

Congratulations, Stars! Wishing you a happy Easter break,

Anna Witańska Head of Primary

News from Head of Secondary



It was another fine week for secondary students as many participated in football matches during lunch, while other students chatted as they watched the exciting play. A couple of IGCSE exams took place this week, as well. Students participated in the written exam for Spanish and the ESL oral exam, and more will

follow when we return from the holiday break.

Teachers are looking forward to meet with parents during the parent-teacher conferences being held on April 25-26. Students have been very diligent with their studies throughout the term, so I am sure their teachers will have plenty to say regarding their outstanding achievements.

Enjoy your holiday break,

Joe Peck Head of Secondary

News from Polish School



Idą święta...

Tradycje wielkanocne wywodzą się jeszcze ze zwyczajów pogańskich, kiedy to świętowano odejście zimy i wieczne odradzanie się przyrody. Jednocześnie to najstarsze i najważniejsze święto dla chrześcijan. Ten radosny czas obfituje w wiele zwyczajów: Wielki Tydzień zaczyna się w Niedzielę Palmową; w Wielki Czwartek wspominamy Ostatnią Wieczerzę; Wielki Piątek to czas wyciszenia i żalu za winy; w Wielką Sobotę święcimy pokarmy, żeby w Wielką Niedzielę

zjeść je na śniadanie wraz z całą rodziną.

To czas, kiedy wszystko ma symboliczne znaczenie i dlatego w naszych koszykach znajdą się na pewno: baranek oznaczający zmartwychwstanie Chrystusa, pisanki – rodzące się życie, chrzan – siłę, wędlina – dostatek oraz sól – oczyszczenie i prawdę.

Są tacy, którzy po śniadaniu szukają Zajączka – ukrytego wielkanocnego upominku, ale z pewnością żadne dziecko nie zapomni o poniedziałkowym Śmigusie – Dyngusie. Nie bójmy się zmoknąć. To przynosi oczyszczenie i powodzenie na cały rok.

Jedni stroją koszyczki ze święconką, inni pakują walizki, żeby w lany poniedziałek zanurzyć się w ciepłym morzu i pod palmami szukać zajączka :). Każdy świętuje na swój sposób, ale to zupełnie zrozumiałe, bo przecież Wielkanoc to Czas Radości.

Życzę wszystkim udanego wypoczynku. Dyrektor Szkoły Magdalena Mrozowska

Spotlight on Year 9

Along with Happy Easter wishes Y9 students would like to tell you what Easter means for them and why they like it.

"I like Easter because we celebrate some tasty foods in our church, and we can have a holiday as well. Also, it is a time that we think about our God-Jesus Christ. I like giving others some presents like Easter chocolates and I have good memories of doing egg hunts with my friends." Gayeon

"I like chocolate bunny in Easter! I like it because the shape of the chocolate is funny and cute and it is also sweet." Sujin

"In Korea, we don't celebrate Easter so I don't really know much about this special day. I like the idea of giving eggs, also love chocolate bunnies. Happy Easter everyone!!!"

Min Yeong

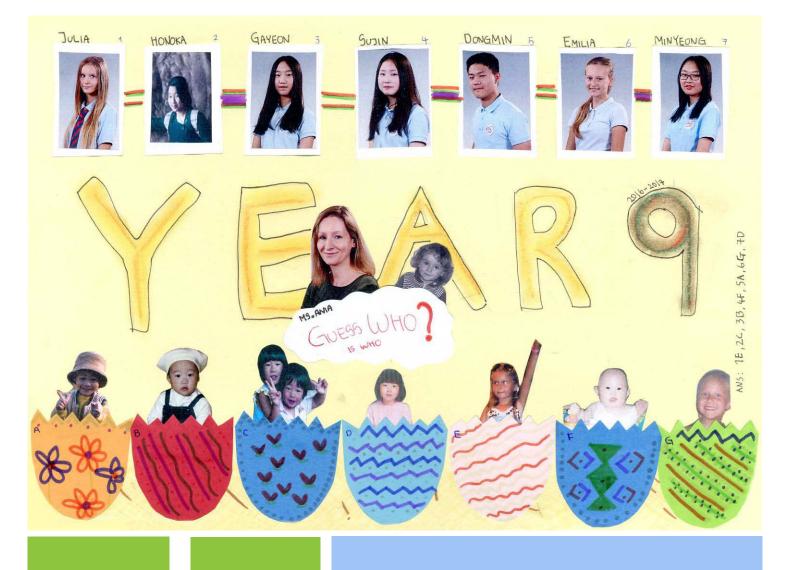
"I like Easter because we get to eat chocolate bunnies. I like Easter because it makes a lot of people happy in different ways" Honoka

"I love Easter because of the traditions accompanying this special period of time. I really enjoy the Easter breakfast spent in a family circle and all the goods prepared by my grandmother. Together with my cousins we like to egg hunts while others are talking at the table. Easter has got some really great traditions"

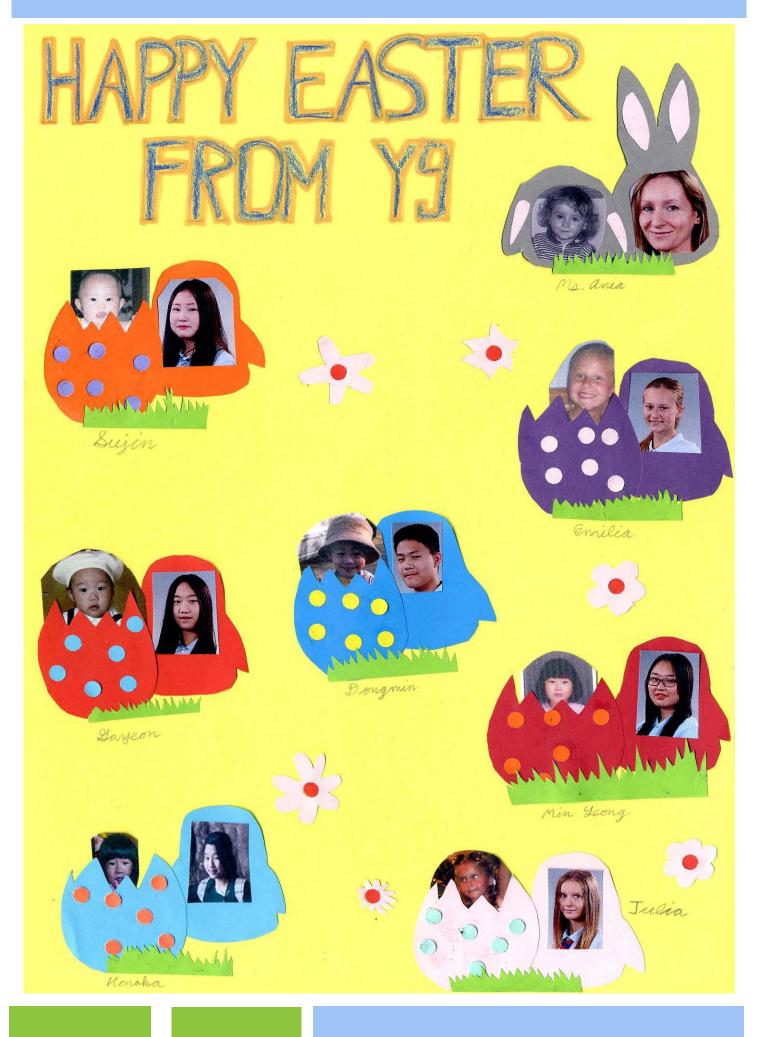
Julia

"I like Easter holidays because we do not have to come to school for two weeks and we can rest at home or travel to new places and meet different cultures? Lifestyles."

DongMin



Spotlight on Year 9



Secondary School visiting German Consulate

On Monday March 27 the students from the Secondary School visited the German Consulate in Wroclaw. The beautiful building is on the banks of the Podwale, next to Galeria Dominikańska. The purpose of our trip was to learn about diplomatic service as a career and also about the role of consulates/embassies in general.

Lower Silesia and Gemany have obvious historical links and there is still a sizable population of Germans living here today who require the service of the consulate from time to time. The consulate provides assistance with administrative issues (passports etc.) but a large part of their role is to promote trade between Silesia and Germany. In times of crisis (for example if a natural disaster occured), the consulate will also provide emergency assistance to Germans in the region.

Almut Henklemann-Siaw, our host for the morning, has had a forty year career in the diplomatic service. She has lived all over the world in countries such as Indonesia and Senegal and in summer she is being sent to Miami! To be a successful diplomat you have to be open, prepared to learn different languages and travel frequently, you also need to be a very good listener. Almut also explained that it can often be difficult to get used to being in a country so different from your own so an open mind and a willingness to put up with hardship really helps.

We are all very grateful for the effort that the busy staff put in to our visit and hope to continue relations with them in the future.

Honoka Nakayama Year 9





BISC Basketball Blitz

On Saturday April 1st we had a very successful basketball festival organised by WKK Wroclaw. First of all 52 students from our school took the part in this competition. 70% of them played in a basketball tournament for the first time in their life, and we still managed to win many games, and even when we were losing the games, it was very hard for the opponents to beat us. I would like to say a huge THANK YOU to all our students and parents for making this tournament so successful, and thank you Dong hyeon for coming despite an injury to support your teammates, that shows a great team spirit.

GO BISCCCCC!!!!

Marcin Kwasiuk



Irish Dance Workshop

The Secondary Pupil Council organised an afternoon of Irish Dance on March 30th at BISC Wroclaw.

Two Irish Dancers, Gosia & Mairin, led the workshop with a display of some jigs & reels, some instruction and by the end we had the pupils proficient in the Walls of Limerick & Shoe the Donkey.

It was a very enjoyable afternoon of fun and thanks to all who came along to try it out.

Tom McGrath



PARENT TEACHER CONFERENCE

Teacher	Form tutor / Subject	Tuesday 25 th April 2017	Wednesday 26 th April 2017
Adach Beata	French	F7 room big villa	F7 room big villa
Carr-de Avelon Ian	ICT, EAL Year 8 Form Tutor	ICT room big villa	ICT room big villa
Britton Ashleigh	Year 4 Owls Form Tutor	Year 4 Owls classroom small villa	Year 4 Owls classroom small villa
Cempura Magda	ICT	F7 room big villa	G2 room big villa
Czerwiński Sławomir	Geography	S3 room big villa	S3 room big villa
Duncan Verity	Welfare Coordinator	ESL room small villa	Not available
Galewska Ewa	Physics – Polish school	S5 room big villa	Not available
Goldman Gene	Year 6 Wolverines Form Tutor	G7 room big villa	G7 room big villa
Gołąbek Ewa	Polish, EAL	S2 room big villa	S2 room big villa
Hart Dorota	EAL	Not available	Not available
Hart Philip	English Year 7 Form Tutor	S7 room big villa	S7 room big villa
Szumilak Jasztal Anna	Mathematics	F3 room big villa	Not available
Jones Jennifer	Year 3 Foxes Form Tutor	Year 3 Foxes classroom small villa	Year 3 Foxes classroom small villa
Kawczyńska Anna	Year 9 Form Tutor Art	F2 room big villa	F2 room big villa
Kołodyńska Anna	Biology	Not available	Not available
Krawczyk Danuta	Chemistry – Polish school	Not available	S5 room big villa
Kwasiuk Marcin	Physical Education	G3 room big villa	G3 room big villa
Lelo de Larrea Verónica	Spanish	Not available	F3 room big villa
Lee Hae Sung	Korean (Secondary School)	Korean room green unit:)	Korean room green unit:)
Lee Hye Seung	Art (Primary School)	Art room for Primary big villa	Art room for Primary big villa
Love Aysha	Year 1 Rabbits Form Tutor	Year 1 Rabbits classroom small villa	Year 1 Rabbits classroom small villa
Gołos Łaniewska Lidia	Polish school	S5 room big villa	S5 room big villa
Łoboziak Anna	Polish	G2 room big villa	Not available
Łuczkowska Izabela	Foundation Bees and Bears Form Tutor	Foundation Bees and Bears Form Tutor Foundation unit	Foundation Bees and Bears Form Tutor Foundation unit
Mazur Oksana	Russian	Not available	Not available

PARENT TEACHER CONFERENCE

Teacher	Form tutor / Subject	Tuesday 25 th April 2017	Wednesday 26 th April 2017
McGrath Tom	Head of School	Head of School's office Small villa	Head of School's office Small villa
Mehrabi Shirin	Italian	Not available	Not available
Mrozowska Magdalena	Polish & French Head of Polish School	S6 room big villa	S6 room big villa
Pachla Ewelina	Year 2 Dragonflies Form Tutor	Year 2 Dragonflies classroom small villa	Year 2 Dragonflies classroom small villa
Peck Agnieszka	Year 5 Coyotes Form Tutor	F1 room big villa	F1 room big villa
Peck Joe	Science Year 10&11 Form Tutor Head of Secondary	G1 room big villa	G1 room big villa
Piątkowski Bogdan	Business Studies	F10 room big villa	Not available
Posłuszny Maciej	Music Primary School	G11 room big villa	G11 room big villa
Sambor Patrycja	German	Not available	Not available
Sitkowiecki Alexander	History Year 13 Form Tutor	S1 room big villa	S1 room big villa
Sokołowska Iwona	ESL	G10 room big villa	G10 room big villa
Stefaniszyn Jakub	Music Secondary School	Not available	Not available
Szczepkowska Bożena	Polish school	Not available	S5 room big villa
Szczukiecka Emilia	French	Not available	French room Small villa
Śmiałkowska Małgorzata	Polish school	Not available	S5 room big villa
Trubiłło Elżbieta	Polish school	S5 room big villa	S5 room big villa
Uesugi Takaharu	Japanese	G8 room big villa	G8 room big villa
Walczak Rafał	Mathematics	Not available	Not available
Witańska Anna	Year 4 Shoebills Form Tutor Head of Primary	Year 4 Shoebills classroom small villa	Year 4 Shoebills classroom small villa
Wojaczyński Jacek	Chemistry	F9 room big villa	Not available
Wychowaniec Monika	Polish school	S5 room big villa	Not available
Young Danny	Year 6 Support teaching	G7 room big villa	G7 room big villa
Zawadzka Grażyna	Polish school	Not available	S5 room big villa

HOUSE SCORES 2016/2017



	Cygnus	Phoenix	Lupus	Pegasus		
HOUSE SCORES	200					
Weekly Points	3	4	1	2		
Weekly Winner						
Total Points	64	62	69	55		
Weekly Merits	467	551	294	430		
RANKING	2 nd PLACE	3 rd PLACE	1 st PLACE	4 th 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 Captain	s:			
	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	Nada Mikati Year 7	Anastasia Lacroix Year 7		

PARENT TEACHER ASSOCIATION 2016/2017





PTA BISC Wroclaw on Facebook: goo.gl/WNw25e 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:

May 10, 2017	Year 4 Owls
May 24, 2017	Year 8

2. Spring is in the air!

On Saturday May 13th we will be opening the school from 1:00-15:00 for a family picnic. Bring your picnic rugs and food for your family and relax or join in with some fun team sports and activities. All are welcome.

Please note, the date might be postponed in the case of bad weather.

3. International Day:

On Friday May 26th we will be holding our annual International Day. Students and Teachers are to come dressed in their National Dress, or Colours of their flag. We will begin at 08:30 with a flag parade and assembly, followed by a tea reception for parents and staff. Please bring a small plate of food from your country to share with our parent/staff community. Primary children will then be separated into groups to participate in activities representing countries from our global community. We hope to see you all there.

4. Family Carnival.

Save the date! On Saturday June 10th we will be having a family Carnival with games, food, & crafts. More information to follow.

5. Roundtable Discussion:

After the break, the Management, Class Coordinators, and PTA will be holding a Roundtable discussion. Please pass your feedback and items for discussion on to your Class Coordinator or to the PTA Schoology by April 21st, so we can create the agenda for this Roundtable (date to be announced).

Yours, PTA

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) or by the phone (22 110 50 07).

4. Please note that the menu for April is now available online.

Wevanda smakow	24.04	25.04	26.04	27.04	28.04
Soup	Broccoli soup	Cardamon spiced carrot cream with coconut milk	Minty pea soup	Champignon soup	Creamy spinach soup
	Creamy vegetable soup with turkey	Vegetable soup	Barley soup	Ukrainian borscht	Tomato soup with rice
	(Vege) Spaghetti with basil parsley pesto, roasted sunflower and pumpkin seeds and shredded parmesan, honey glazed carrots with sesame seeds	(Vege) Slices of roasted celery, potatoes with dill, pickled cabbage salad with carrots and apples	(Vege) Cottage cheese pancakes with raisins, carrot salad	(Vege) Pearl barley with caramelized pumpkin, raisins and shredded coconut, coleslaw	(Vege) Vegetable skewers, bulgur, pickled cucumber salad
Main course	(Meat) Creamy chicken spaghetti, honey glazed carrots with sesame seeds	(Meat) Pork chops, potatoes with dill, pickled cabbage salad with carrots and apples	(Meat) Meat pancakes with vegetables, carrot salad	(Meat) Meatloaf, pearl barley, coleslaw	(Meat) Chicken skewers, bulgur, pickled cucumber salad
	(Fish) Creamy cod spaghetti, honey glazed carrots with sesame seeds	(Fish) Cod fingers, potatoes with dill, pickled cabbage salad with carrots and apples	(Fish)Cod pancakes with vegetables, carrot salad	(Fish) Cod fillet, pearl barley, coleslaw	(Fish) Bulgur with tuna and vegetables, pickled cucumber salad

AROUND BISC WROCŁAW



















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