



SUSTAINABLE FOOD CHOICES ON CAMPUS

SDG 2 Zero Hunger | Reporting year 2025

1. Policy basis

Section 5 of the UzSWLU Sustainable Food Policy ([policy document](#)) requires every campus food-service outlet to offer at least one vegetarian main dish every day, to increase the share of plant-based dishes year on year, and to offer and clearly label vegan options. Traditional Uzbek dishes remain central to the menu, and plant-based versions of traditional dishes are developed to widen choice. Section 9 gives priority to seasonal produce from local farmers and producers.

2. Weekly vegetarian and vegan menu

The Student Canteen operates a weekly vegetarian menu approved by its director, covering breakfast, lunch and dinner six days a week. Every meal on the menu is vegetarian, and dishes marked VG are vegan, prepared without meat, fish, dairy products, eggs or honey. Vegan dishes are available on four of the six days. Prices range from 9,000 to 12,000 UZS for breakfast, 15,000 to 20,000 UZS for lunch and 18,000 to 22,000 UZS for dinner.

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Oatmeal porridge with dried fruits 12,000 UZS V	Rice porridge with milk 10,000 UZS V	Two boiled eggs; buckwheat flatbreads 9,000 UZS V	Cottage cheese soufflé 12,000 UZS V	Buckwheat porridge with mushrooms 12,000 UZS V	Baked pumpkin 10,000 UZS VG
Lunch	Cream of bean soup; fresh or boiled vegetable salad 18,000 UZS V	Rassolnik (pickle soup) with pearl barley; bell peppers stuffed with rice and vegetables 18,000 UZS V	Miso soup; pasta with vegetables and cheese 18,000 UZS V	Cream of mushroom soup; salad with cheese and celery 20,000 UZS V	Meatless borscht; mung bean flatbreads 15,000 UZS VG	Chickpea soup; couscous with cauliflower 16,000 UZS VG
Dinner	Vegetables stewed with mushrooms; sandwich with squash spread 20,000 UZS VG	Baked potatoes; eggplant spread; tomato 18,000 UZS VG	Boiled lentils; carrot, beetroot and garlic salad with sour cream 20,000 UZS V	Cottage cheese casserole; beet vinaigrette with avocado; green tea 22,000 UZS V	Brown rice; grilled vegetables; kefir 20,000 UZS V	Cauliflower, zucchini and potato bake 19,000 UZS V

V vegetarian (may contain dairy products or eggs) VG vegan (fully plant-based)

3. Vegan dishes from Uzbek cuisine

In addition to the weekly menu, the Student Canteen sells the following plant-based versions of traditional Uzbek dishes, all of them vegan:

- **Vegetable plov with chickpeas**, cooked in vegetable oil without meat
- **Moshkhurda or mastava without meat**, prepared with vegetable broth and without katyk (yogurt)
- **Lentil soup (yasmiq sho'rva)**, prepared with vegetable broth
- **Pumpkin or herb samsa**, made with dough without eggs or butter
- **Achichuk** (tomato and onion salad), **hummus with flatbread** and seasonal fruit



The University student canteen, where the weekly vegetarian and vegan menu is served, August 2025

4. Labeling and customer information

- Vegetarian and vegan dishes are marked V and VG on the menu boards, and the main ingredients are listed so that students, staff and visitors can choose with confidence.
- The vegetarian menu is offered alongside the canteen's regular menu, and is open to all students, staff and visitors.
- Fresh vegetables, legumes, grains and seasonal produce such as pumpkin, eggplant, squash and cauliflower form the basis of the menu, in line with the policy's priority for seasonal and local produce.