

## Weekly menu 26.11 - 30.11.2018

Name European School

<b>Monday</b>		<b>Amount (g)</b>
Breakfast	Black currant pie, Pria 2.5 % milk, Pria apple	60/150/100
Lunch	Tomato pork sauce, boiled spaghetti, beet salad, Pria 2.5% kephir, whole wheat bread	120/150/100/150/60
Premeal	Steamed vegetables, cold sour cream sauce, rye bread, apple juice drink, Pria cucumber	150/50/30/150/50

<b>Tuesday</b>		<b>Amount (g)</b>
Breakfast	Millet porridge, butter, butter whole wheat bread with fresh cucumber, Pria 2.5% milk, Pria cabbage	150/10/30/150/100
Lunch	Pilaff with turkey meat, radish salad, juice drink, whole wheat bread	200/100/150/60
Premeal	Potato porridge, meatball, juice drink, kiwi	150/50/150/50

<b>Wednesday</b>		<b>Amount (g)</b>
Breakfast	Couscous salad with chickpeas and orange, rye bread, pineapple and orange juice cocktail, grape	150/30/150/100
Lunch	Chicken stew with sour cream, oven-baked vegetables, cucumber salad, juice drink, whole wheat bread	120/120/100/150/60
Premeal	Croissant, tea, Pria tomato	50/150/50

<b>Thursday</b>		<b>Amount (g)</b>
Breakfast	Berry smoothie with self-made muesli, Pria plum	200/100
Lunch	Fish soup, cottage cheese delicious dish with mango and banana, black seed bread	200/100/60
Premeal	Oven-baked potatoes with cheese, cold yogurt and fresh cucumber sauce, apple juice drink, Pria carrot	200/50/150/100

<b>Friday</b>		<b>Amount (g)</b>
Breakfast	Quesadilla with chicken fillet and grated cheese, fruit tea, Pria cauliflower	150/150/100
Lunch	Minced meat cut, white sauce, potatoe porridge, pumpkin salad, fruit juice drink, rye bread	60/50/150/100/150/60
Premeal	Apple pie, Pria 2.5% milk, Pria pear	60/150/50

For more information on food names and allergenic or intolerable ingredients, please email: [evelyn.bauman@balticrest.com](mailto:evelyn.bauman@balticrest.com).

We have joined the European School Milk and Fruit Program.