

Weekly Menu for 3–7 December 2018

Name European School Nursery

Monday		Quantity (g)
Breakfast	Barley flake porridge, garden berry jam, rye bread with cream cheese, juice beverage, Pria apple	200/20/30/150/100
Lunch	Poultry with sweet and sour sauce, boiled potatoes, fresh cabbage and cucumber salad, Pria milk with 2.5% fat, homemade rye bread	120/120/100/150/40
Brunch	Omelette, rye bread, juice beverage, Pria paprika	100/30/150/50

Tuesday		Quantity (g)
Breakfast	Cheese and tomato wrap, tea, Pria white radish	120/150/50
Lunch	Chicken curry, boiled rice, carrot salad, kefir, rye bread	120/120/100/150/40
Brunch	Mashed potatoes with butter, sepik, Pria milk with 2.5% fat, Pria pear	150/30/150/100

Wednesday		Quantity (g)
Breakfast	Stir-fried vegetables with tofu, sepik with butter and fresh cucumber, ginger and lemon tea, Pria plum	200/45/150/100
Lunch	Baked pork with steamed vegetables, boiled potatoes, turnip and cranberry salad, berry and yogurt smoothie, black bread	130/130/40/150/40
Brunch	Pasta with cheese, juice beverage, Pria cucumber	200/150/50

Thursday		Quantity (g)
Breakfast	Rice porridge, Pria cherry, sepik with butter and fresh tomatoes, Pria milk with 2.5% fat	200/20/30/150
Lunch	Minestrone soup with beef, rice pudding with juice kissel, sūdamesepik	200/80/80/40
Brunch	Strawberry and banana smoothie, sepik with cheese, Pria carrot	150/60/50

Friday		Quantity (g)
Breakfast	Omelette with vegetables, seed bread with herb cream cheese, organic buckwheat blossom tea, Pria tomato	100/30/150/20
Lunch	White fish fillet with cream sauce, boiled wholegrain rice, Chinese cabbage salad with cucumber and corn, milk, organic spelt flour wafers	120/120/100/150/20
Brunch	Minced meat pizza, apple juice, Pria pear	100/150/100

For more information on the name of the food and allergenic or intolerable ingredients, please ask the chef or send an e-mail to evelyn.bauman@balticrest.com

We have joined the European School Milk and Fruit Programme.