

Weekly Menu for 10–14 December 2018

Name European School Nursery

Monday		Quantity (g)
Breakfast	Pancakes with curd, sour cream, herb tea, mandarin	120/30/150/100
Lunch	Kurzeme stroganoff, boiled buckwheat, vegetable salad with apple and lemon juice, Pria kefir with 2.5% fat, sepik	120/120/100/150/40
Brunch	Baked root vegetables, cold sour cream sauce, orange juice, Pria cucumber	200/50/150/50

Tuesday		Quantity (g)
Breakfast	Seven grain porridge, butter, sepik with liver paste, Pria milk with 2.5% fat, Pria turnip	200/10/30/150/50
Lunch	Macaroni with minced meat, tomato sauce, carrot salad, juice beverage, rye bread	200/50/100/150/40
Brunch	Cheese pie, Pria milk with 2.5% fat, orange	60/150/100

Wednesday		Quantity (g)
Breakfast	Boiled egg, rye sandwich with fresh tomato, Pria milk with 2.5% fat, Pria carrot	40/60/150/50
Lunch	Chicken casserole with cottage cheese and tomatoes, sour cream sauce, boiled potatoes, Chinese cabbage salad with paprika, Arabella smoothie, sūdamesepik	50/50/130/40/150/40
Brunch	Curd cream with raw strawberry jam, fruit juice beverage, banana	100/20/150/100

Thursday		Quantity (g)
Breakfast	Burrito with vegetables, fresh salad with spinach and dried cranberries, apple juice, melon	120/100/150/100
Lunch	Salmon and vegetable soup, dried fruit jelly with whipped cream, organic corn wafers	200/110/10/20
Brunch	Couscous with chicken and vegetables, chamomile and orange tea, Pria white radish	150/150/50

Friday		Quantity (g)
Breakfast	Wholegrain oat porridge, garden berry jam, rye bread sandwich with salmon and egg cream cheese, tea, Pria cauliflower	200/10/30/150/50
Lunch	Beef sauce, boiled rice, carrot and white radish salad, juice beverage, homemade rye bread	120/120/100/150/40
Brunch	Baked sandwich with ham and cheese, Pria milk with 2.5% fat, Pria pear	130/150/100

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

We have joined the European School Milk and Fruit Programme.