

Weekly Menu for 17–21 December 2018

Name European School Nursery

Monday		Quantity (g)
Breakfast	Pancakes, raw berry jam, fresh pineapple, tea	100/20/100/150
Lunch	Minced meat sauce, boiled buckwheat, beetroot salad, fruit juice beverage, homemade rye bread	120/120/100/150/40
Brunch	Omelette with herbs, rye bread, juice beverage, Pria carrot	100/30/150/50

Tuesday		Quantity (g)
Breakfast	Four grain porridge, butter, rye bread with egg butter, Pria milk with 2.5% fat, Pria pear	200/10/30/150/50
Lunch	Beef goulash, boiled rice, turnip salad, plum juice, rye bread	120/120/100/150/40
Brunch	Chicken wrap, flavoured water with berries, orange	150/150/100

Wednesday		Quantity (g)
Breakfast	Fruit salad, warm curd bun, Pria milk with 2.5% fat, orange	100/100/150/40
Lunch	Salmon pasta, Chinese cabbage salad with dill, juice beverage, organic corn wafers	200/40/150/20
Brunch	Berry smoothie, sepik with butter and tuna, Pria cabbage	150/60/50

Thursday		Quantity (g)
Breakfast	Rye flake porridge, Pria strawberry, crisp bread, Pria milk with 2.5% fat	200/20/20/150
Lunch	Pumpkin puree soup with chicken, roasted pumpkin seeds, gingerbread, homemade rye bread	200/5/40/40
Brunch	Potato and egg salad, sepik, fruit juice beverage, Pria paprika	150/30/150/50

Friday		Quantity (g)
Breakfast	Scrambled eggs, sepik with butter and ham, tea, Pria tomato	100/50/150/20
Lunch	Pork steak with broth sauce, boiled potatoes, steamed cauliflower, apple juice, organic corn wafers	120/120/100/150/20

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

We have joined the European School Milk and Fruit Programme.