

School Lunch Weekly Menu for 7-11 January 2019

European School

Monday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Teriyaki chicken pieces (GF, LF)	30	48,13	8,69	1,09	0,77
Aloo Palak (Potato and spinach curry) (Vegan) (GF, LF)	200	118,91	4,09	1,18	24,21
Pearl cous-cous (LF)	50	62,68	1,92	1,30	10,94
Tumeric rice (GF, LF)	50	68,14	1,35	0,57	14,35
Steamed corn, carrot, green peas (GF, LF)	50	39,22	1,30	1,26	6,41
Yogurt sauce with herbs (GF)	45	37,17	1,41	2,68	1,91
Turnip	25	7,65	0,25	0,08	1,83
Cucumber	25	2,58	0,15	0,03	0,53
Iceberg salad	25	3,87	0,26	0,05	0,71
Chickpea	25	34,65	2,26	0,30	4,30
Salad dressings	20	112,55	0,20	12,13	0,94
Choice of Bread	35	101,37	3,27	1,46	18,64
Choice of Beverage	150				
Apple snack	50	20,15	0,10	0,18	4,95
Carrot snack	50	16,85	0,50	0,20	3,85
Total		673,92	25,75	22,49	94,31

Tuesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Tuna lasagna	100	142,26	10,11	3,85	16,98
Vegetable lasagna	100	146,47	6,48	5,50	18,73
Steamed cauliflower, carrot, green peas (GF, LF)	50	16,79	0,94	0,16	3,60
Cream sauce with dill	40	43,32	0,57	3,64	2,20
White radish	25	3,93	0,25	0,03	0,88
Beetroot	25	10,75	0,40	0,05	2,18
Mixed salad leaves	25	5,15	0,35	1,02	1,43
Chinese cabbage	25	9,57	0,40	0,58	0,82
Salad dressings	10	56,28	0,10	6,06	0,47
Choice of Bread	40	115,85	3,74	1,67	21,30
Choice of Beverage	150				
Banana snack	100	104,00	1,20	0,30	24,30
Cauliflower snack	50	10,90	0,80	0,10	2,30
Total		665,26	25,34	22,96	95,18

Wednesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Roast turkey with herb (GF, LF)	30	45,87	7,66	1,54	0,30
Cauliflower and lentil pilaf (GF, LF)	150	192,50	8,45	2,77	34,41
Mashed potatoes (GF)	50	55,60	1,12	2,34	7,69
Boiled bulgur (LF)	50	65,80	1,73	0,19	13,60
Steamed green beans (GF, LF)	50	16,38	1,02	0,06	3,84
Mustard - cream sauce	50	46,78	0,61	2,55	5,37
Pumpkin	25	5,00	0,20	0,03	1,20
Pickled cucumber	25	2,60	0,23	0,05	0,45
Mixed salad leaves	25	5,15	0,35	1,02	1,43
Tomato	25	4,73	0,18	0,05	0,93
Salad dressings	15	84,41	0,15	9,09	0,70
Choice of Bread	35	101,37	3,27	1,46	18,64
Choice of Beverage	150				
Pear and celery snacks	100	28,85	0,75	0,30	7,10
Total		655,03	25,72	21,44	95,64

Thursday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Lentil-bean soup with beef (GF, LF)	125	95,87	6,76	4,29	7,79
Lentil and tomato soup (GF, LF)	125	122,38	7,45	3,00	16,77
Seeds mix	3	16,49	0,68	1,31	0,75
Roasted bread cubes	15	65,21	2,22	0,47	12,99
Fruit salad (GF, LF)	150	88,95	1,44	0,41	21,09
Curd cream (GF)	15	27,92	0,97	1,08	3,44
Carrot	25	8,43	0,25	0,10	1,93
Broccoli	25	11,42	0,77	0,50	1,34
Mixed salad leaves	25	5,15	0,35	1,02	1,43
Celery	25	3,88	0,28	0,05	0,90
Salad dressings	15	84,41	0,15	9,09	0,70
Choice of Bread	30	86,89	2,81	1,25	15,97
Choice of Beverage	150				
Orange snack	100	43,10	1,10	0,10	10,20
Radish snack	50	7,85	0,50	0,05	1,75
Total		695,44	23,95	24,62	94,87

Friday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Pork and vegetables stew (GF, LF)	100	169,85	11,61	6,49	8,53
Bean patty (Vegan) (LF)	50	66,40	2,51	1,79	9,59
Herb roasted potatoes (GF, LF)	50	75,76	1,42	2,62	12,06
Buckwheat (GF, LF)	50	56,53	2,08	0,35	11,60
Boiled rice (GF, LF)	50	64,69	1,26	0,54	13,65
Tomato sauce (LF)	50	31,77	0,97	0,11	6,50
Carrot	25	8,43	0,25	0,10	1,93
Pineapple	25	11,71	0,10	0,07	2,84
Mixed salad leaves	25	5,15	0,35	1,02	1,43
Pickled red onion	25	9,13	0,30	0,05	2,00
Salad dressings	15	84,41	0,15	9,09	0,70
Choice of Bread	40	115,85	3,74	1,67	21,30
Choice of Beverage	150	0,93	0,05	0,01	0,20
Melon snack	50	13,58	0,30	0,09	3,14
Paprika snack	50	14,10	0,55	0,10	3,20
Total		728,27	25,65	24,10	98,66

Weekly average:	683,58	25,28	23,12	95,73
10-day average:				

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.

Drinking water is available free of charge every day in the school canteen.

We offer up to 0.25 litres of milk or dairy products a day per student.

We have joined the European School Milk and Fruit Programme.

Marking: GL-gluten free; LF-lactose free

School

School Canteen Manager

School Lunch Weekly Menu for 14-18 January 2019

European School

Monday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Turkey pilaff (GF, LF)	100	157,94	9,34	3,78	21,87
Brown rice risotto with mushrooms and tofu (GF, LF)	100	86,16	2,68	5,89	10,28
Roasted vegetables (GF, LF)	80	47,38	1,62	2,68	5,15
Yogurt sauce with herbs (GF)	40	33,04	1,25	2,38	1,70
Carrot	25	8,43	0,25	0,10	1,93
Green peas	25	19,31	1,43	0,11	3,74
Mixed salad leaves	25	5,15	0,35	1,02	1,43
Green beans	25	8,19	0,51	0,03	1,92
Salad dressings	5	28,14	0,05	3,03	0,24
Bread assortment (5 choices)	60	173,77	5,61	2,50	31,95
Milk	50	26,50	1,50	1,25	2,40
Pear snacks	100	42,20	0,40	0,40	10,60
Cauliflower snack	50	10,90	0,80	0,10	2,30
Total		647,10	25,80	23,27	95,48

Tuesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Salmon fillet with lemon juice and sesame seeds (GF, LF)	40	116,62	7,67	8,14	3,37
Vegetable patty (GF, LF)	40	38,45	0,93	1,24	6,29
Wholegrain rice (GF, LF)	50	59,44	1,10	0,68	11,45
Herb roasted potatoes (GF, LF)	50	75,76	1,42	2,62	12,06
Steamed sugar pea pods, carrots and turnips (GF, LF)	50	19,29	0,83	0,17	4,50
Yogurt-cucumber sauce	50	25,39	1,30	0,94	2,98
White radish	25	3,93	0,25	0,03	0,88
Corn	25	24,70	0,76	0,20	5,18
Mixed salad leaves	25	5,15	0,35	1,02	1,43
Pickled red onion	25	9,13	0,30	0,05	2,00
Salad dressings	10	56,28	0,10	6,06	0,47
Bread assortment (5 choices)	60	173,77	5,61	2,50	31,95
Choice of Beverage	150				
Orange snack	100	43,10	1,10	0,10	10,20
Carrot snack	50	16,85	0,50	0,20	3,85
Total		667,84	22,22	23,94	96,58

Wednesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Chicken - noodles Chinese style (LF)	120	180,24	10,92	5,39	22,64
Chinese style noodles with vegetables (LF)	120	79,80	3,56	1,68	13,04
Herb roasted vegetables (GF, LF)	100	71,17	1,45	3,53	10,43
Carrot	25	8,43	0,25	0,10	1,93
Red cabbage	25	17,31	0,41	1,18	1,56
Mixed salad leaves	25	5,15	0,35	1,02	1,43
Tomato	25	4,73	0,18	0,05	0,93
Salad dressings	10	56,28	0,10	6,06	0,47
Choice of Bread	60	173,77	5,61	2,50	31,95
Choice of Beverage	150	0,93	0,05	0,01	0,20
Apple snack	100	40,30	0,20	0,36	9,90
Celery snacks	50	7,75	0,55	0,10	1,80
Total		645,84	23,63	21,98	96,26

Thursday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Chicken - coconut soup (GF, LF)	125	119,58	4,87	7,77	8,85
Vegetable soup with coconut milk (GF, LF)	125	108,19	3,69	5,34	12,23
Seeds mix	3	16,49	0,68	1,31	0,75
Roasted bread cubes	15	65,21	2,22	0,47	12,99
Curd cheese and apple souffle with kissel	100	118,88	8,05	1,71	17,16
Turnip	25	7,65	0,25	0,08	1,83
Beetroot	25	10,75	0,40	0,05	2,18
Mixed salad leaves	25	5,15	0,35	1,02	1,43
Mung bean sprouts	5	1,27	0,16	0,02	0,15
Salad dressings	5	28,14	0,05	3,03	0,24
Bread assortment (5 choices)	40	115,85	3,74	1,67	21,30
Choice of Beverage	150				
Banana snack	60	62,40	0,72	0,18	14,58
Paprika snack	50	14,10	0,55	0,10	3,20
Total		673,65	25,74	22,74	96,87

Friday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Stewed beef (GF, LF)	30	61,96	9,30	2,57	0,37
Carrot and rice patty (LF)	70	61,31	1,23	0,99	12,32
Boiled green lentils (GF, LF)	20	31,65	2,17	0,15	4,71
Boiled potatoes (GF, LF)	70	72,81	1,86	0,10	16,56
Steamed Brussels sprouts, cauliflower and carrots (GF, LF)	60	18,66	1,21	0,22	3,80
Cream sauce with dill	60	64,98	0,85	5,47	3,30
Chinese cabbage	25	5,05	0,40	0,08	0,80
Cucumber	25	2,58	0,15	0,03	0,53
Mixed salad leaves	25	5,15	0,35	1,02	1,43
Carrot	25	8,43	0,25	0,10	1,93
Salad dressings	15	84,41	0,15	9,09	0,70
Bread assortment (5 choices)	70	202,73	6,55	2,92	37,27
Choice of Beverage					
Apple snack	100	40,30	0,20	0,36	9,90
Turnip snack	50	15,30	0,50	0,15	3,65
Total		675,31	25,16	23,23	97,27

Weekly average:	661,95	24,51	23,03	96,49
10-day average:	672,77	24,90	23,08	96,11

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School

School Canteen Manager

School Lunch Weekly Menu for 21-25 January 2019

European School

Monday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Baked chicken thigh meat (GF, LF)	30	49,76	7,14	2,08	0,62
Vegetable scones	70	64,99	1,89	2,04	10,29
Cooked pearl cous-cous (LF)	50	62,68	1,92	1,30	10,94
Boiled potatoes (GF, LF)	50	52,01	1,33	0,07	11,83
Steamed broccoli (GF, LF)	50	22,84	1,54	0,99	2,68
Yoghurt - curry sauce (GF)	50	22,69	1,39	1,08	1,89
Green peas	25	17,55	1,30	0,10	3,40
Tomato	25	4,73	0,18	0,05	0,93
Mixed salad leaves	25	5,15	0,35	1,02	1,43
Corn	25	24,70	0,76	0,20	5,18
Salad dressings	20	112,55	0,20	12,13	0,94
Bread assortment (5 choices)	60	173,77	5,61	2,50	31,95
Beverage assortment					
Orange snack	100	43,10	1,10	0,10	10,20
Carrot snack	50	16,85	0,50	0,20	3,85
Total		673,35	25,20	23,86	96,11

Tuesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Salmon pasta	100	127,73	7,22	5,27	13,12
Asian style rice noodles (Vegan) (LF)	100	114,81	3,25	2,51	15,46
Herb roasted vegetables (GF, LF)	100	71,17	1,45	3,53	10,43
Red cabbage	30	20,77	0,49	1,41	1,87
Carrot	35	11,80	0,35	0,14	2,70
Mixed salad leaves	30	6,18	0,42	1,23	1,71
Olives	5	17,00	0,11	1,79	0,29
Salad dressings	5	28,14	0,05	3,03	0,24
Bread assortment (5 choices)	65	188,25	6,08	2,71	34,61
Beverage assortment		0,00	0,00	0,00	0,00
Milk	110	58,30	3,30	2,75	5,28
Apple snack	100	40,30	0,20	0,36	9,90
Cucumber snack	50	5,15	0,30	0,05	1,05
Total		689,58	23,22	24,78	96,65

Wednesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Chilli con carne (GF, LF)	80	141,68	6,97	11,05	3,77
Carrot chick pea stew with almonds (GF, LF)	100	121,81	3,32	3,51	19,36
Wholegrain rice (GF, LF)	50	59,44	1,10	0,68	11,45
Boiled potatoes (GF, LF)	50	52,01	1,33	0,07	11,83
Steamed cauliflower with butter and fresh dill (GF)	50	18,20	1,06	0,54	3,05
Chinese cabbage salad with dill	25	9,57	0,40	0,58	0,82
Cucumber	25	2,58	0,15	0,03	0,53
Mixed salad leaves	25	5,15	0,35	1,02	1,43
Turnip	25	7,65	0,25	0,08	1,83
Salad dressings	5	28,14	0,05	3,03	0,24
Bread assortment (5 choices)	60	173,77	5,61	2,50	31,95
Beverage assortment					
Water with lemon and cucumber	150	0,93	0,05	0,01	0,20
Kiwi snack	100	47,60	1,00	0,40	10,70
White radish	50	7,85	0,50	0,05	1,75
Total		676,37	22,15	23,54	98,88

Thursday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Turkey-vegetable soup (GF, LF)	125	50,26	5,85	0,75	5,42
Parsnip - vegetable puree soup (GF)	125	57,81	1,55	2,51	8,30
Seeds mix	5	27,49	1,14	2,19	1,24
Roasted bread cubes	15	65,21	2,22	0,47	12,99
Vanilla panna cotta (GF)	75	154,51	3,11	7,69	18,06
Strawberry sauce (GF, LF)	75	70,14	0,45	0,06	17,16
Carrot	30	10,11	0,30	0,12	2,31
Cabbage	30	7,17	0,33	0,06	1,62
Mixed salad leaves	35	7,21	0,50	1,43	2,00
Mung bean sprouts	5	1,27	0,16	0,02	0,15
Salad dressings	10	56,28	0,10	6,06	0,47
Bread assortment (5 choices)	30	86,89	2,81	1,25	15,97
Beverage assortment					
Pear snack	100	42,20	0,40	0,40	10,60
Cauliflower snack	50	10,90	0,80	0,10	2,30
Total		647,42	19,72	23,11	98,59

Friday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Herb-roasted pork carbonnade (GF,LF)	40	117,87	9,98	8,68	0,19
Tamp green pea pancake (LF)	60	97,01	3,16	3,26	15,14
Boiled bulgur (LF)	50	65,80	1,73	0,19	13,60
Herb roasted potatoes (GF,LF)	50	75,76	1,42	2,62	12,06
Steamed Brussels sprouts, cauliflower and carrots (GF,LF)	50	15,55	1,01	0,18	3,17
Mushroom sauce	50	38,99	1,11	2,66	2,79
White radish	25	3,93	0,25	0,03	0,88
Beetroot	25	10,75	0,40	0,05	2,18
Mixed salad leaves	25	5,15	0,35	1,02	1,43
Steamed green beans	25	8,19	0,51	0,03	1,92
Salad dressings	5	28,14	0,05	3,03	0,24
Bread assortment (5 choices)	40	115,85	3,74	1,67	21,30
Beverage assortment		0,00	0,00	0,00	0,00
Water with lemon and cucumber	150	0,93	0,05	0,01	0,20
Persimmon snack	100	80,80	0,80	0,00	18,60
Turnip snack	50	15,30	0,50	0,15	3,65
Total		680,00	25,06	23,57	97,33

Weekly average:	673,34	23,07	23,77	97,51
10-day average:	667,65	23,79	23,40	97,00

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School

School Canteen Manager

Croissant with tomato and mozzarella

School Lunch Weekly Menu for 28 January - 1 February 2019

European School

Monday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Chicken meat with ginger (GF, LF)	40	82,78	11,30	4,10	0,22
Bean pilaf (GF, LF)	60	72,03	2,09	0,86	13,53
Tumeric rice	50	68,14	1,35	0,57	14,35
Cooked pearl cous-cous (GF)	50	62,68	1,92	1,30	10,94
Steamed corn, carrot, green peas (GF, LF)	50	39,22	1,30	1,26	6,41
Cream sauce with herbs	50	70,33	0,82	6,26	3,14
Carrot	25	8,43	0,25	0,10	1,93
Pineapple	25	11,71	0,10	0,07	2,84
Mixed salad leaves	25	5,15	0,35	1,02	1,43
Chinese cabbage	25	5,05	0,40	0,08	0,80
Salad dressings	10	56,28	0,10	6,06	0,47
Bread assortment (5 choices)	50	144,81	4,68	2,08	26,62
Beverage assortment					
Water with lemon and cucumber	150	0,93	0,05	0,01	0,20
Apple snack	100	40,30	0,20	0,36	9,90
Cauliflower snack	50	10,90	0,80	0,10	2,30
Total		678,73	25,71	24,24	95,07

Tuesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Sweet potato and ground beef one-pot meal (GF, LF)	100	103,19	7,54	4,00	9,92
Stew with sweet potatoes and Turkish peas (GF, LF)	150	168,68	4,20	6,83	23,21
Steamed broccoli, carrot and green beans (GF, LF)	100	33,95	2,13	0,33	7,14
Red cabbage	25	17,31	0,41	1,18	1,56
Carrot	25	8,43	0,25	0,10	1,93
Mixed salad leaves	25	5,15	0,35	1,02	1,43
Cucumber	25	2,68	0,15	0,03	0,53
Salad dressings	5	28,14	0,05	3,03	0,24
Bread assortment (5 choices)	65	188,25	6,08	2,71	34,61
Beverage assortment					
Milk	110	58,30	3,30	2,75	5,28
Melon snack	100	27,16	0,61	0,18	6,27
Turnip snack	50	15,30	0,50	0,15	3,65
Total		656,42	25,56	22,29	95,76

Wednesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Bulgur with chicken and vegetables (LF)	100	190,44	9,90	6,77	22,21
Bulgur with vegetables (LF)	100	155,20	3,11	3,43	27,41
Roasted vegetables with mango sauce (GF, LF)	80	61,10	0,97	0,30	14,80
Cold yogurt sauce with herbs (GF)	40	33,04	1,25	2,38	1,70
Chinese cabbage	25	5,05	0,40	0,08	0,80
Beetroot	25	10,75	0,40	0,05	2,18
Mixed salad leaves	25	5,15	0,35	1,02	1,43
Pickled cucumber	25	2,60	0,23	0,05	0,45
Salad dressings	10	56,28	0,10	6,06	0,47
Bread assortment (5 choices)	25	72,40	2,34	1,04	13,31
Beverage assortment					
Milk	50	26,50	1,50	1,25	2,40
Pear snack	100	42,20	0,40	0,40	10,60
Paprika snack	50	14,10	0,55	0,10	3,20
Total		674,80	21,49	22,93	100,94

Thursday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Salmon - tomato soup (GF, LF)	125	102,25	6,87	5,59	6,61
Creamy tomato soup (GF, LF)	125	29,28	0,93	1,19	3,98
Seeds mix	5	27,49	1,14	2,19	1,24
Roasted bread cubes	10	43,47	1,48	0,32	8,66
Bread and apple souffle (GF)	50	119,61	2,68	1,75	23,19
Kissel (GF, LF)	100	108,29	0,11	0,05	26,60
Carrot	25	8,43	0,25	0,10	1,93
Steamed broccoli	25	11,42	0,77	0,50	1,34
Mixed salad leaves	25	5,15	0,35	1,02	1,43
Chickpeas	25	34,65	2,26	0,30	4,30
Salad dressings	15	84,41	0,15	9,09	0,70
Bread assortment (5 choices)	20	57,92	1,87	0,83	10,65
Beverage assortment					
Orange snack	100	43,10	1,10	0,10	10,20
Celery snack	50	7,75	0,55	0,10	1,80
Total		683,22	20,51	23,13	102,63

Friday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Boiled beef (GF, LF)	30	63,91	10,34	2,35	0,25
Vegetable cutlet	60	57,68	1,39	1,87	9,43
Boiled green lentils (GF, LF)	30	47,48	3,25	0,23	7,07
Herb roasted potatoes (GF, LF)	70	106,06	1,99	3,66	16,88
Steamed carrot, turnip, cabbage (GF, LF)	50	16,71	0,60	0,17	3,85
Mustard-cream sauce	50	46,78	0,61	2,55	5,37
Cabbage	25	5,98	0,28	0,05	1,35
Carrot	25	8,43	0,25	0,10	1,93
Mixed salad leaves	25	5,15	0,35	1,02	1,43
Pickled red onion	25	9,13	0,30	0,05	2,00
Salad dressings	15	84,41	0,15	9,09	0,70
Bread assortment (5 choices)	50	144,81	4,68	2,08	26,62
Beverage assortment					
Water with lemon and cucumber	150	0,93	0,05	0,01	0,20
Banana snack	100	104,00	1,20	0,30	24,30
Cucumber snack	50	5,15	0,30	0,05	1,05
Total		706,59	25,73	23,58	102,42

Weekly average:	679,95	23,80	23,23	99,36
10-day average:	676,65	23,43	23,50	98,44

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.

Drinking water is available free of charge every day in the school canteen.

We offer up to 0.25 litres of milk or dairy products a day per student.

We have joined the European School Milk and Fruit Programme.

Marking: GL-gluten free; LF-lactose free

School

School Canteen Manager