

Menu 1 School Weekly Menu for 11-15 February 2019
05-15.02 Asian Thematic days

	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Porridge	Porridge (2 choices)	Porridge (2 choices)	Porridge (2 choices)	Porridge (2 choices)	
	Additives	Jam Butter	Maasika toormoos Butter	Jam Butter	Strawberry row jam Butter	Jam Butter
	Meal	-	Panini	Pocket bread with meat	-	
	Vegetarian	Pancake	Panini	Pocket bread with vegetables	Sandwich with cheese	Scrambled eggs
		Ham and cheese slices	Ham and cheese slices	Ham and cheese slices	Ham and cheese slices	Ham and cheese slices
		Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices
		Muesli, cornflakes	Muesli, cornflakes	Muesli, cornflakes	Muesli, cornflakes	Muesli, cornflakes
		Unflavoured yoghurt	Unflavoured yoghurt	Unflavoured yoghurt	Unflavoured yoghurt	Unflavoured yoghurt
		Smoothie	Smoothie	Smoothie	Smoothie	Smoothie
		Bread assortment (2 choices)	Bread assortment (2 choices)	Bread assortment (2 choices)	Bread assortment (2 choices)	Bread assortment (2 choices)
Lunch	Main dish	Chicken stir fry with garlic (GF, LF)	Tandoori chicken (GF)	Thai style noodles or pad Thai (LF)	Asian salmon soup (GF, LF)	Chicken thigh with chilli and sesame (LF,GF)
	Vegetarian (optional)	Vegetable wok (GF, LF)	Vegetable patty (GF, LF)	Chinese style noodles with vegetables (LF)	Asian vegetable soup (GF, LF)	Red lentil and tomato scones (LF)
	Side dish/ dessert	Garam masala carrot (GF,LF)	Wholegrain rice (GF, LF)	LF)	Seeds mix	Boiled green lentils (GF, LF)
		-	Herb roasted potatoes (GF, LF)	-	Roasted bread cubes	Boiled potatoes (GF, LF)
		-	Asian style grilled vegetables (GF, LF)	-	Rice pudding with pineapple (GF)	Oriental style roasted vegetables (GF, LF)
		-	Yogurt-cucumber sauce	-	-	Cream sauce with dill
	Salads	Carrot	Green peas	Carrot	Turnip	Chinese cabbage
		White radish salad with seeds	Corn	Asian red cabbage salad	Beetroot	Cucumber
		Mixed salad leaves	Mixed salad leaves	Mixed salad leaves	Mixed salad leaves	Mixed salad leaves
		Green beans	Asian style marinated red onion	Tomato	Mung bean sprouts	Carrot and coconut salad
		Salad dressings	Salad dressings	Salad dressings	Salad dressings	Salad dressings
	Breads	Bread assortment (5 choices)	Bread assortment (5 choices)	Bread assortment (5 choices)	Bread assortment (5 choices)	Bread assortment (5 choices)
	Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment
Vegetable snacks	Pear snack	Orange snack	Apple snack	Banana snack	Apple snack	
	Cauliflower snack	Turnip snack	Celery snacks	Paprika snack	Carrot snack	
Afternoon snack	Main dish	-	-	Indian style meatball in sauce	-	
	Vegetarian	Tuna salad with eggs and yogurt sauce	Pumpkin and carrot soup with ginger	Curd scones (Sirniki)	Cauliflower chickpea curry	Croissant with tomato and mozzarella
	Side dish/ salad	-	Seeds mix	Sour cream	-	-
		-	Roasted bread cubes	Strawberry row jam	-	-
		Cherry tomatoes snack	Apple snack	Orange snack	Carrot snack	Pear snack
	Drinks	Beverage assortment	-	Beverage assortment	Beverage assortment	Smoothie
	Breads	-	Bread assortment (2 choices)	-	Bread assortment (2 choices)	-

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. **Asian thematic days food**