

Menu 1 School Weekly Menu for 14-18 January 2019 Chinese food day

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge	Porridge (2 choices)	Porridge (2 choices)	Porridge (2 choices)	Porridge (2 choices)	Porridge (2 choices)
	Additives	Jam	Strawberry row jam	Jam	Jam	Jam
		Butter	Butter	Butter	Butter	Butter
	Meal	-	Panini	Warm pocket bread with minced meat	Burrito with chicken and vegetables	-
	Vegetarian	Pancake	Panini	Warm pocket bread with vegetables	Burrito with vegetables	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	Turkey pilaff (GF, LF)	Salmon fillet with lemon juice and sesame seeds (GF, LF)	Chicken - noodles Chinese style (LF)	Chicken - coconut soup (GF, LF)	Stewed beef (GF, LF)
	Vegetarian (optional)	Brown rice risotto with mushrooms and tofu (GF, LF)	Vegetable patty (GF, LF)	Chinese style noodles with vegetables (LF)	Vegetable soup with coconut milk (GF, LF)	Carrot and rice patty (LF)
	Side dish/ dessert	Roasted vegetables (GF, LF)	Wholegrain rice (GF, LF)	Herb roasted vegetables (GF, LF)	Seeds mix	Boiled green lentils (GF, LF)
		Yogurt sauce with herbs (GF)	Herb roasted potatoes (GF, LF)	-	Roasted bread cubes	Boiled potatoes (GF, LF)
		-	Steamed sugar pea pods, carrots and turnips (GF, LF)	-	Curd cheese and apple souffle with kissel	Steamed Brussels sprouts, cauliflower and carrots (GF, LF)
		-	Yogurt-cucumber sauce	-	-	Cream sauce with dill
	Salads	Carrot	White radish	Carrot	Turnip	Chinese cabbage
		Green peas	Corn	Red cabbage	Beetroot	Cucumber
		Mixed salad leaves	Mixed salad leaves	Mixed salad leaves	Mixed salad leaves	Mixed salad leaves
		Green beans	Pickled red onion	Tomato	Mung bean sprouts	Carrot
		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		Carrot snack	Celery snacks	Paprika snack	Turnip snack	
Afternoon snack	Main dish	Caesari salad with chicken	Meat and vegetable pie	Pancake with curd filling	Homemade minced meat cutlet	-
	Vegetarian	Caesari salad without chicken	Vegetable pie	Sour cream	Potato casserole with herbs	Croissant with tomato and mozzarella
	Side dish/ salad	Cherry tomatoes snack	-	Strawberry row jam	Milk sauce with basil	-
		-	-	-	Carrot	-
		-	Apple snack	-	-	Pear snack
	Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment
Breads	-	-	-	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.