

Menu 1 School Weekly Menu for 18-22 February 2019

| | | Monday | Tuesday | Wednesday | Thursday | Friday | |
|-----------------|------------------------------|-----------------------------------|-------------------------------------|----------------------------------|---|-----------------------------------|---|
| Breakfast | Porridge | Porridge (2 choices) | Porridge (2 choices) | Porridge (2 choices) | Porridge (2 choices) | Porridge (2 choices) | |
| | | Jam | Jam | Strawberry row jam | Jam | Jam | |
| | Additives | Butter | Butter | Butter | Butter | Butter | |
| | Meal | - | - | Sour cream | Chicken corn tube | - | |
| | Vegetarian | Boiled egg | Sandwich with tomato | Potato and mushroom patty | Vegetable corn tube | Sandwich with cheese nad cucumber | |
| | | 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 | Baked chicken thigh meat (GF, LF) | Salmon casserole (GF) | Bologna sauce (GF,LF) | Italian meatball soup with spinach | Pineapple BBQ chicken (GF,LF) | |
| | Vegetarian (optional) | Vegetable scones | Potato and vegetable casserole (GF) | Vegetable bolognese (GF,LF) | Vegetable soup (GF) | Vegetable cutlet (LF) | |
| | Side dish/ dessert | | Cooked pearl cous-cous (LF) | Herb roasted vegetables (GF, LF) | Spaghetti (LF) | Seeds mix | Boiled bulgur (LF) |
| | | | Boiled potatoes (GF, LF) | - | Boiled potatoes (GF, LF) | Roasted bread cubes | Herb roasted potatoes (GF,LF) |
| | | | Steamed broccoli (GF, LF) | - | Steamed cauliflower with butter and fresh dill (GF) | Mango jelly (GF) | Steamed Brussels sprouts, cauliflower and carrots (GF,LF) |
| | | | Yoghurt - curry sauce (GF) | - | - | Strawberry sauce (GF, LF) | Mushroom sauce |
| | Salads | | Green peas | Red cabbage | Chinese cabbage | Carrot | White radish |
| | | | Tomato | Carrot | Cucumber | Cabbage | Beetroot |
| | | | Mixed salad leaves | Mixed salad leaves | Mixed salad leaves | Mixed salad leaves | Mixed salad leaves |
| | | | Corn | Broccoli | Turnip | Mung bean sprouts | Green beans |
| | | | 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 | | Orange snack | Apple snack | Kiwi snack | Pear snack | Banana snack |
| | | Carrot snack | Cucumber snack | White radish | Cauliflower snack | Turnip snack | |
| Afternoon snack | Main dish | - | - | - | - | - | |
| | Vegetarian | Chinese style fried rice | Broccoli and cheese puree soup | Omelette with vegetables | Carrot and millet scone with coconut | Raspberry pastry | |
| | Side dish/ salad | | - | Seeds mix | - | Sour cream | - |
| | | | - | Roasted bread cubes | - | - | - |
| | | | Banana snack | Kiwi snack | Orange snack | Apple snack | Kiwi snack |
| | Drinks | Beverage assortment | - | Beverage assortment | Beverage assortment | Smoothie | |
| Breads | Bread assortment (2 choices) | 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.