

## Menu 1

## School Weekly Menu for 21-25 January 2019

	Monday	Tuesday	Wednesday	Thursday	Friday		
Breakfast	Porridge	Porridge (2 choices)	Porridge (2 choices)	Porridge (2 choices)	Porridge (2 choices)		
		Jam	Jam	Strawberry row jam	Jam		
	Additives	Butter	Butter	Butter	Butter		
	Meal	-	-	-	Minced meat corn tube	-	
	Vegetarian	Pancake with apple	Sandwich with tomato	Fried egg	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 pasta	Chilli con carne (GF, LF)	Turkey-vegetable soup (GF, LF)	Herb-roasted pork carbonnade (GF,LF)	
	Vegetarian (optional)	Vegetable scones	Asian style rice noodles (LF)	Carrot chick pea stew with almonds (GF, LF)	Parsnip - vegetable puree soup (GF)	Tamp green pea pancake (LF)	
	Side dish/ dessert		Cooked pearl cous-cous (LF)	Herb roasted vegetables (GF, LF)	Wholegrain rice (GF, 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)	Vanilla panna cotta (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	Olives	Turnip	Mung bean sprouts	Steamed 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	Persimmon snack
			Carrot snack	Cucumber snack	White radish	Cauliflower snack	Turnip snack
Afternoon snack	Main dish	-	-	Zucchini and carrot rosti	-	-	
	Vegetarian	Omelette with vegetables	Chinese style fried rice	Sour cream	Wrap with eggplant and cheese	Black currant pastry	
	Side dish/ salad		-	-	-	-	
			Banana snack	Mixed salad leaves	Orange snack	Apple snack	Kiwi snack
	Drinks	Beverage assortment	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](mailto: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.