

Menu 1

School Weekly Menu for 28 January-01 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	-	-	Chicken corn tube	-	Sandwich with meeat and
	Vegetarian	Panini	-	Vegetable corn tube	Pancake with vegetable and cheese	Sandwich with cheese
		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 meat with ginger (GF, LF)	Sweet potato and ground beef one-pot meal (GF, LF)	Bulgur with chicken and vegetables (LF)	Salmon - tomato soup (GF, LF)	Boiled beef (GF, LF)
	Vegetarian (optional)	Bean pilaf (GF, LF)	Stew with sweet potatoes and Turkish peas (GF, LF)	Bulgur with vegetables (LF)	Creamy tomato soup (GF, LF)	Vegetable cutlet
	Side dish/ dessert	Tumeric rice	Steamed broccoli, carrot and green beans (GF, LF)	Roasted vegetables with mango sauce (GF, LF)	Seeds mix	Boiled green lentils (GF, LF)
		Cooked pearl cous-cous (GF)	-	-	Roasted bread cubes	Herb roasted potatoes (GF, LF)
		Steamed corn, carrot, green peas (GF, LF)	-	-	Bread and apple souffle (GF)	Steamed carrot, turnip, cabbage (GF, LF)
		Cream sauce with herbs	-	Cold yogurt sauce with herbs (GF)	Kissel (GF, LF)	Mustard-cream sauce
	Salads	Carrot	Red cabbage	Chinese cabbage	Carrot	Cabbage
		Pineapple	Carrot	Beetroot	Broccoli	Carrot
		Mixed salad leaves	Mixed salad leaves	Mixed salad leaves	Mixed salad leaves	Mixed salad leaves
		Chinese cabbage	Cucumber	Pickled cucumber	Chickpeas	Pickled red onion
		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	Apple snack	Melon snack	Pear snack	Orange snack	Banana snack
Cauliflower snack		Turnip snack	Paprika snack	Celery snack	Cucumber snack	
Afternoon snack	Main dish	Chicken burger	-	-	Chicken salad	-
	Vegetarian	Vegetable burger	Vegetable wok with rice noodles	Beetroot tart with blue cheese	Rice salad	Pancake
	Side dish/ salad	-	-	-	-	Sour cream
		-	-	-	-	Strawberry row jam
		Pear snack	Kohlrabi	Orange snack	Carrot snack	Kiwi snack
	Drinks	Beverage assortment	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.