

Menu 1 School Weekly Menu for 04-08 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	Apple - cinnamon jam	Jam	Strawberry row jam	Jam
		Butter	Butter	Butter	Butter	Butter
	Meal	-	Multigrain bread with chicken and cheese	-	-	Burrito with chicken and vegetables
	Vegetarian	Pancake	Multigrain bread with tomato and cheese	Omelette	Warm dark ciabatta with tomato and mozzarella	Burrito with vegetables
			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 thighs in curry yoghurt marinade (GF)	Sweet and sour pork wok (GF, LF)	Rockfish fillet with sesame seeds spiced with Asian spices(GF, LF)	Sweet potato soup with chicken (GF, LF)	Tikka Masala chicken (GF)
	Vegetarian (optional)	Vegetable curry with quinoa (GF, LF)	Chinese style noodles with vegetables (GF, LF)	Bean patty (Vegan)	Sweet potato soup (GF, LF)	Kerala vegetable curry (GF,LF)
	Side dish/ dessert	Tumeric rice (GF, LF)	Grilled vegetables in Asian style (GF, LF)	Boiled green lentils (GF, LF)	Seeds mix	Wholegrain rice (GF, LF)
		Cooked pearl cous-cous (GF)	-	Herb roasted potatoes (GF, LF)	Roasted bread cubes	Boiled bulgur (LF)
		Vegetables with sweet chilli (GF, LF)	-	Roasted brussels sprouts (GF, LF)	Asian style apples with coconut cream (GF)	Grilled chinese cabbage (GF, LF)
		Cream sauce with herbs	-	Thai yogurt sauce	-	Cold yogurt sauce (GF)
	Salads	Chinese cabbage	Red cabbage	Cabbage	Carrot	Pickled cucumber
		Pineapple	Carrot	Carrot	Broccoli	Beetroot
		Mixed salad leaves	Mixed salad leaves	Mixed salad leaves	Mixed salad leaves	Mixed salad leaves
		Carrot	Thai cucumber salad	Asian style marinated red onion	Chickpeas	Asian red cabbage 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	Apple snack	Melon snack	Banana snack	Orange snack	Pear snack	
	Cauliflower snack	Turnip snack	Cucumber snack	Celery snack	Paprika snack	
Afternoon snack	Main dish	-	Pasta salad with chicken	Indian style meatball in sauce	-	
	Vegetarian	Pocket bread with ham and cheese	Thai lentil soup	Pasta salad	Potato pancake with mushrooms	Cheese roll
	Side dish/ salad	Pocket bread with vegetables	-	-	-	-
		Persimmon	Apple snack	Orange snack	Pickled cucumber	Carrot 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. **Asian thematic days food**