

Menu 1

School Weekly Menu for 7-11 January 2019

	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 with cheese filling	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	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 choice)	Bread assortment (2 choice)	Bread assortment (2 choice)	Bread assortment (2 choice)	Bread assortment (2 choice)	
Lunch	Main dish	Teriyaki chicken pieces (GF, LF)	Tuna lasagna	Roast turkey with herb (GF, LF)	Lentil-bean soup with beef (GF, LF)	Pork and vegetables stew (GF, LF)
	Vegetarian (optional)	Aloo Palak (Potato and spinach curry) (Vegan) (GF, LF)	Vegetable lasagna	Cauliflower and lentil pilaf (GF, LF)	Lentil and tomato soup (GF, LF)	Bean patty (Vegan) (LF)
	Side dish/ dessert	Pearl cous-cous (LF)	-	Mashed potatoes (GF)	Seeds mix	Herb roasted potatoes (GF, LF)
		Tumeric rice (GF, LF)	-	Boiled bulgur (LF)	Roasted bread cubes	Buckwheat (GF, LF)
		Steamed corn, carrot, green peas (GF, LF)	Steamed cauliflower, carrot, green peas (GF, LF)	Steamed green beans (GF, LF)	Fruit salad (GF, LF)	Boiled rice (GF, LF)
		Yogurt sauce with herbs (GF)	Cream sauce with dill	Mustard - cream sauce	Curd cream (GF)	Tomato sauce (LF)
	Salads	Turnip	White radish	Pumpkin	Carrot	Carrot
		Cucumber	Beetroot	Pickled cucumber	Brocoli	Pineapple
		Iceberg salad	Mixed salad leaves	Mixed salad leaves	Mixed salad leaves	Mixed salad leaves
		Chickpea	Chinese cabbage	Tomato	Celery	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	Banana snack	Pear snack	Orange snack	Melon snack	
	Carrot snack	Cauliflower snack	Celery snack	Radish snack	Paprika snack	
Afternoon snack	Main dish	-	Potato and meat salad	Panini	Chicken and cottage cheese ball	-
	Vegetarian	Burrito with beans, leek and cheese	Potato salad	Panini	Potato - cottage cheese scone	Cinnamon roll
	Side dish/ salad	Fresh salad	-	Fresh salad	Herb roasted potatoes	-
		-	-	-	Sour cream	-
		Persimmon	Apple snack	Orange snack	Pickled cucumber	Carrot snack
	Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Smoothie
Breads	-	Bread assortment (2 choice)	-	Bread assortment (2 choice)	-	

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.