

Menu 2 Nursery Weekly Menu for 11-15 February 2019
05-15.02 Asian thematic days

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge	-	Porridge	-	Porridge	-
		Jam	Jam	-	Jam	-
	Additives	-	Butter	-	Butter	-
	Meal	-	-	-	-	-
	Vegetarian (optional)	Pancake	Sandwich with tuna	Warm pocket bread with vegetables	Sandwich with cheese	Scrambled eggs
	Vegetable snack	Pear snack	Orange snack	Apple snack	Banana snack	Carrot snack
	Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment
	Breads	-	-	-	-	Bread assortment (2 choices)
Lunch	Main dish	Chicken stir fry with garlic (GF, LF)	Tandoori chicken (GF)	Thai style noodles or pad Thai (LF)	Asian salmon soup (GF, LF)	Chicken thigh with chilli and sesame (LF,GF)
	Vegetarian (optional)	Vegetable wok (GF, LF)	Vegetable patty (GF, LF)	Chinese style noodles with vegetables (LF)	Asian vegetable soup (GF, LF)	Red lentil and tomato scones (LF)
	Side dish/ dessert	-	Wholegrain rice (GF, LF)	-	Seeds mix	-
		-	-	-	Roasted bread cubes	Boiled potatoes (GF, LF)
		-	-	-	Rice brule with mango (GF)	-
		-	Yogurt-cucumber sauce	-	-	Cream sauce with dill
	Salads	White radish salad with seeds	Green peas	Asian red cabbage salad	-	Carrot and coconut salad
	Breads	Bread assortment (2 choices)	Bread assortment (2 choices)	Bread assortment (2 choices)	Bread assortment (2 choices)	Bread assortment (2 choices)
Drinks	Beverage assortment	Beverage assortment	Beverage assortment	-	Beverage assortment	
Afternoon snack	Main dish	-	-	-	Oriental minced meat kebab	-
	Vegetarian (optional)	Tuna salad with eggs and yogurt sauce	Pumpkin and carrot soup with ginger	Curd scones (Sirniki)	Cauliflower chickpea curry	Croissant with tomato and mozzarella
	Side dish/ salad/vegetable snack	-	Seeds mix	Sour cream	-	-
		-	Roasted bread cubes	Strawberry row jam	-	-
		Cherry tomatoes snack	Turnip snack	Carrot and celery snacks	Paprika snack	Apple snack
	Drinks	Beverage assortment	-	Beverage assortment	Beverage assortment	Beverage assortment
	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.