

Menu 2

Nursery Weekly Menu for 14-18 January 2019

| | | 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 | Pear snack |
| | Drinks | Beverage assortment | Beverage assortment | Beverage assortment | Beverage assortment | Beverage assortment |
| | Breads | - | - | - | - | Bread assortment (2 choices) |
| Lunch | Main dish | Turkey pilaff (GF, LF) | Salmon fillet with lemon juice and sesame seeds (GF, LF) | Chicken - noodles Chinese style (LF) | Chicken - coconut soup (GF, LF) | Stewed beef (GF, LF) |
| | Vegetarian (optional) | Brown rice risotto with mushrooms and tofu (GF, LF) | Vegetable patty (GF, LF) | Chinese style noodles with vegetables (LF) | Vegetable soup with coconut milk (GF, LF) | Carrot and rice patty (LF) |
| | Side dish/ dessert | - | Wholegrain rice (GF, LF) | - | Seeds mix | - |
| | | - | - | - | Roasted bread cubes | Boiled potatoes (GF, LF) |
| | | - | - | - | Curd cheese and apple souffle with kissel | - |
| | | Yogurt sauce with herbs (GF) | Yogurt-cucumber sauce | - | - | Cream sauce with dill |
| | Salads | Green beans | Corn | Tomato | - | Cucumber |
| | 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 | Caesari salad with chicken | Meat and vegetable pie | Pancake with curd filling | Homemade minced meat cutlet | - |
| | Vegetarian (optional) | Caesari salad without chicken | Vegetable pie | Sour cream | Potato casserole with herbs | Croissant with tomato and mozzarella |
| | Side dish/ salad/vegetable snack | Cherry tomatoes snack | - | Strawberry row jam | Milk sauce with basil | - |
| | | - | - | - | - | - |
| | - | Carrot snack | Carrot and celery snacks | Carrot snack | Turnip snack | |
| | Drinks | Beverage assortment | Beverage assortment | Beverage assortment | Beverage assortment | Beverage assortment |
| Breads | - | - | - | 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.