

Menu 2

Nursery Weekly Menu for 21-25 January 2019

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge	-	Porridge	-	-	Porridge
		Jam	Jam	-	-	Jam
	Additives	-	Butter	-	-	Butter
	Meal	-	-	Fried egg	Minced meat corn tube	-
	Vegetarian (optional)	Pancake with apple	Sandwich with tomato	Sandwich with ham	Vegetable corn tube	Sandwich with cheese and cucumber
	Vegetable snack	Carrot snack	Apple snack	Kiwi snack	Pear snack	Turnip snack
	Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment
	Breads	-	-	Bread assortment (2 choices)	-	-
Lunch	Main dish	Baked chicken thigh meat (GF, LF)	Salmon pasta	Chilli con carne (GF, LF)	Turkey-vegetable soup (GF, LF)	Herb-roasted pork carbonnade (GF,LF)
	Vegetarian (optional)	Vegetable scones	Asian style rice noodles (LF)	Carrot chick pea stew with almonds (GF, LF)	Parsnip - vegetable puree soup (GF)	Tamp green pea pancake (LF)
	Side dish/ dessert	Boiled potatoes (GF, LF)	-	Wholegrain rice (GF, LF)	Seeds mix	Boiled bulgur (LF)
		-	-	-	Roasted bread cubes	-
		Yoghurt - curry sauce (GF)	-	-	Vanilla panna cotta (GF)	-
	Salads	Mixed salad leaves	Carrot	Cucumber	Cabbage	Green beans
	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	Beverage assortment
Afternoon snack	Main dish	-	-	-	-	-
	Vegetarian (optional)	Omelette with vegetables	Chinese style fried rice	Zucchini and carrot rosti	Wrap with eggplant and cheese	Black currant pastry
	Side dish/ salad/vegetable snack	-	-	Sour cream	-	-
		Banana snack	Mixed salad leaves	Chinese cabbage	Cauliflower snack	Kiwi snack
	Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment
	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.