

Menu 2

Nursery Weekly Menu for 28 January-01 February 2019

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge	-	Porridge	-	-	Porridge
	Additives	-	Jam	-	Sour cream	Jam
	Meal	-	Butter	-	-	Butter
	Vegetarian (optional)	Panini	Sandwich with cucumber	Vegetable corn tube	Pancake with vegetable and cheese	Sandwich with cheese
	Vegetable snack	Cauliflower snack	Melon snack	Paprika snack	Pear snack	Banana snack
	Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment
	Breads	-	-	-	-	-
	Lunch	Main dish	Chicken meat with ginger (GF, LF)	Sweet potato and ground beef one-pot meal (GF, LF)	Bulgur with chicken and vegetables (LF)	Salmon - tomato soup (GF, LF)
Vegetarian (optional)		Bean pilaf (GF, LF)	Stew with sweet potatoes and Turkish peas (GF, LF)	Bulgur with vegetables (LF)	Creamy tomato soup (GF, LF)	Vegetable cutlet
Side dish/ dessert		Cooked pearl cous-cous (GF)	Steamed broccoli, carrot and green beans (GF, LF)	-	Seeds mix	Herb roasted potatoes (GF, LF)
		-	-	-	Roasted bread cubes	-
		-	-	-	Bread and apple souffle (GF)	-
		Cream sauce with herbs	-	Cold yogurt sauce with herbs (GF)	Kissel (GF, LF)	Mustard-cream sauce
Salads		Chinese cabbage	Carrot	Beetroot	Broccoli	Cabbage
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	Chicken burger	-	-	Chicken salad	-
	Vegetarian (optional)	Vegetable burger	Vegetable wok with rice noodles	Beetroot tart with blue cheese	Rice salad	Pancake
	Side dish/ salad/vegetable snack	-	-	-	-	Sour cream
		-	-	-	-	Strawberry row jam
		Pear snack	Kohlrabi snack	Orange snack	Carrot snack	Cucumber snack
	Drinks	Beverage assortment	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.