

Menu 2 Nursery Weekly Menu for 04-08 February 2019

05-15.02 Asian thematic days

	Monday	Tuesday	Wednesday	Thursday	Friday		
Breakfast	Porridge	Porridge	-	-	Porridge		
	Additives	Jam	-	-	Strawberry row jam		
		Butter	-	-	Butter		
	Meal	Sandwich with cucumber	Multigrain bread with chicken and cheese	-	Sandwich with liver paste	Burrito with chicken and vegetables	
	Vegetarian (optional)	-	Multigrain bread with tomato and cheese	Omelette	Warm dark ciabatta with tomato and mozzarella	Burrito with vegetables	
	Vegetable snack	Apple snack	Melon snack	Banana snack	Orange snack	Carrot snack	
	Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	
Breads	-	-	Bread assortment (2 choices)	-	-		
Lunch	Main dish	Chicken thighs in curry yoghurt marinade (GF)	Sweet and sour pork wok (GF, LF)	Rockfish fillet with sesame seeds spiced with Asian spices (GF, LF)	Sweet potato soup with chicken (GF, LF)	Tikka Masala chicken (GF)	
	Vegetarian (optional)	Vegetable curry with quinoa (GF, LF)	Chinese noodles with vegetables (GF, LF)	Bean patty (Vegan)	Sweet potato soup (GF, LF)	Kerala vegetable curry (GF, LF)	
	Side dish/ dessert	Tumeric rice (GF, LF)	-	-	Herb roasted potatoes (GF, LF)	Asian style apples with coconut cream (GF)	Boiled bulgur (LF)
		-	-	-	-	-	-
		-	-	-	-	-	-
	Salads	Yogurt sauce (GF)	-	-	Thai yogurt garam masala sauce	-	-
		Carrot	Thai cucumber salad	Mixed salad leaves	-	-	Asian red cabbage 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	-	-	Pasta salad with chicken	Indian style meatball in sauce	-	
	Vegetarian (optional)	Pocket bread with ham and cheese	Thai lentil soup	Pasta salad	Potato pancake with mushrooms	Cheese roll	
	Side dish/ salad/vegetable snack	Pocket bread with vegetables	-	-	-	-	-
		-	-	-	-	-	-
	Cauliflower snack	Turnip snack	Cucumber snack	Carrot and celery snack	Pear snack		
Drinks	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](mailto: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. **Asian thematic days food**