

Menu 2 Nursery Weekly Menu for 7-11 January 2019

		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	Banana snack	Pear snack	Orange snack	Melon snack
	Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment
Breads	-	-	Bread assortment (2 choices)	-	-	
Lunch	Main dish	Teriyaki chicken pieces (GF, LF)	Tuna lasagna	Roast turkey with herb (GF, LF)	Lentil-bean soup with beef (GF, LF)	Pork and vegetables stew (GF, LF)
	Vegetarian (optional)	Aloo Palak (Potato and spinach curry) (Vegan) (GF, LF)	Vegetable lasagna	Cauliflower and lentil pilaf (GF, LF)	Lentil and tomato soup (GF, LF)	Bean patty (Vegan) (LF)
	Side dish/ dessert	Tumeric rice (GF, LF)	-	Boiled bulgur (LF)	Fruit salad (GF, LF)	Herb roasted potatoes (GF, LF)
		-	-	-	Curd cream (GF)	-
		-	-	-	-	-
	Salads	Yogurt sauce with herbs (GF)	Cream sauce with dill	Mustard - cream sauce	-	Tomato sauce (LF)
		Fresh salad	Beetroot	Pickled cucumber	-	Mixed salad leaves
	Breads	-	-	-	-	Salad dressings
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	-	Potato and meat salad	Panini	Chicken and cottage cheese ball	-
	Vegetarian (optional)	Burrito with beans, leek and cheese	Potato salad	Panini	Potato - cottage cheese scone	Cinnamon roll
	Side dish/ salad/vegetable snack	Fresh salad	-	Fresh salad	Herb roasted potatoes	-
		-	-	-	Sour cream	-
	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.