

Menu 1 School Weekly Menu for 11 - 15 March 2019
11.03 French Thematic day

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge	Porridge (2 choices)	Porridge (2 choices)	Porridge (2 choices)	Porridge (2 choices)	Porridge (2 choices)
		Jam	Strawberry row jam (self made)	Jam	Strawberry row jam (self made)	Jam
	Additives	Butter	Butter	Butter	Butter	Butter
	Meal	Omelette	Panini	Pocket bread with meat	-	
	Vegetarian	-	Panini	Pocket bread with vegetables	Sandwich with cheese	Scrambled eggs
		Ham and cheese slices	Ham and cheese slices	Ham and cheese slices	Ham and cheese slices	Ham and cheese slices
		Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices
		Muesli, cornflakes	Muesli, cornflakes	Muesli, cornflakes	Muesli, cornflakes	Muesli, cornflakes
		Unflavoured yoghurt	Unflavoured yoghurt	Unflavoured yoghurt	Unflavoured yoghurt	Unflavoured yoghurt
		Smoothie (self made)	Smoothie (self made)	Smoothie (self made)	Smoothie (self made)	Smoothie (self made)
	Bread assortment (2 choices)	Bread assortment (2 choices)	Bread assortment (2 choices)	Bread assortment (2 choices)	Bread assortment (2 choices)	
Lunch	Main dish	French style pork (GF)	Bulgur with chicken and vegetables (LF)	One pot chicken and mushrooms	Ground beef and lentil soup (GF,LF)	Creamy salmon with dill (GF)
	Vegetarian (optional)	Ratatouille(GF,LF)	Bulgur with vegetables (LF)	Vegetable cutlet (LF)	Tomato - lentil soup (GF,LF)	Indian lentil pancake (GF,LF)
	Side dish/ dessert	French style green beans	Steamed cauliflower, carrot, green peas	Steamed broccoli (GF, LF)	Seeds mix	Oriental style roasted vegetables (GF, LF)
		Potato casserole with herbs	-	Herb roasted potatoes (GF,LF)	Roasted bread cubes	Potato puree (LF)
		Wholegrain rice (GF, LF)	-	Boiled buckwheat (GF,LF)	Orange kissel	Cooked pearl cous-cous (GF)
		Mushroom sauce	Yogurt-cucumber sauce	-	Whipped cream	Cream sauce with dill
	Salads	Green peas	Carrot	Carrot	Turnip	Chinese cabbage
		Carrot	Pickled red onion	Red cabbage	Beetroot	Cucumber
		Mixed salad leaves	Mixed salad leaves	Mixed salad leaves	Mixed salad leaves	Mixed salad leaves
		White radish	Green beans	Tomato	Mung bean sprouts	Carrot
		Salad dressings	Salad dressings	Salad dressings	Salad dressings	Salad dressings
	Breads	Bread assortment (5 choices)	Bread assortment (5 choices)	Bread assortment (5 choices)	Bread assortment (5 choices)	Bread assortment (5 choices)
	Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment
	Vegetable snacks	Banana snack	Pear snack	Orange snack	Kiwi snack	Apple snack
Turnip snack		Cucumber snack	White radish	Carrot snack	Paprika snack	
Afternoon snack	Main dish	-	-	-	-	
	Vegetarian	Cheese soup	Caesari salad with chicken	Cauliflower soup	Curd scones (Sirniki)	Croissant with tomato and mozzarella
	Side dish/ salad	Seeds mix	Caesari salad	Seeds mix	Sour cream	-
		Roasted bread cubes	-	Roasted bread cubes	Strawberry row jam (self made)	-
		Tomato	Apple snack	Pear snack	Cabbage snack	Orange snack
	Drinks	-	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.