

Menu 1 School Weekly Menu for 18 - 22 March 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Porridge	Porridge (2 choices)	Porridge (2 choices)	Porridge (2 choices)	Porridge (2 choices)	
		Jam	Jam	Strawberry row jam (self made)	Jam	
	Additives	Butter	Butter	Butter	Butter	
	Meal	-	-	Sour cream	Chicken corn tube	-
	Vegetarian	Boiled egg	Sandwich with tomato	Potato and mushroom patty	Vegetable corn tube	Sandwich with cheese nad cucumber
		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	Zucchini stew with minced meet (GF,LF)	Sweet and suor chicken (GF,LF)	Beef - spinach stew (GF,LF)	Fish soup (GF,LF)	Chicken meet in apple souce (GF,LF)
	Vegetarian (optional)	Zucchini stew with tometo and beans (GF,LF)	Beet patty (LF)	Aloo Palak (Potato and spinach curry) (GF,LF)	Potato-leek puree soup (GF)	Zucchini and carrot rosti
	Side dish/ dessert	-	Spaghetti (LF)	Steamed broccoli, carrot and green beans (GF,LF)	Seeds mix	Tumeric rice (GF, LF)
		-	Boiled potatoes (GF, LF)	-	Roasted bread cubes	Herb roasted potatoes (GF,LF)
		Steamed broccoli (GF, LF)	Steamed cauliflower with butter and fresh dill (GF)	-	Strawberry - yougurt cream (GF)	Steamed carrot, green peas, corn (GF, LF)
		Yoghurt - curry sauce (GF)	Tomato sauce (GF,LF)	-	Strawberry sauce (GF, LF)	-
	Salads	Green peas	Red cabbage	Chinese cabbage	Carrot	White radish
		Tomato	Carrot	Cucumber	Cabbage	Beetroot
		Mixed salad leaves	Mixed salad leaves	Mixed salad leaves	Mixed salad leaves	Mixed salad leaves
		Corn	Olives	Turnip	Mung bean sprouts	Steamed green beans
		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	Apple snack	Kiwi snack	Pear snack	Apple snack
Carrot snack		Cucumber snack	White radish	Carrot snack	Turnip snack	
Afternoon snack	Main dish	-	-	-	-	
	Vegetarian	Chinese style fried rice	Broccoli and cheese puree soup	Omelette with vegetables	Carrot and millet scone with coconut	Black currant pastry
	Side dish/ salad	-	Seeds mix	-	Sour cream	-
		-	Roasted bread cubes	-	-	-
		Kiwi snack	Orange snack	Apple snack	Grapefruit snack	Banana 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.

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.