

Menu 1 School Weekly Menu for 25 - 29 March 2019

	Monday	Tuesday	Wednesday	Thursday	Friday		
Breakfast	Porridge	Porridge (2 choices)	Porridge (2 choices)	Porridge (2 choices)	Porridge (2 choices)		
	Additives	Jam	Jam	Strawberry row jam (self made)	Jam		
		Butter	Butter	Butter	Butter		
	Meal	-	-	-	Croissant with ham and cheese	-	
	Vegetarian	Hit dog with chicken	Sandwich with cucumber	Vegetable egg muffin	Croissant with tomato and cheese	Sandwich with cheese	
		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	Chicken drumsticks (GF,LF)	Turkey and cauliflower stew (GF;LF)	Tomato tuna pasta	Borsch	Minced meat sauce	
	Vegetarian (optional)	Bean pilaf (GF,LF)	Potato and cauliflower casserole	Pasta with mushrooms (LF)	Vegetable borsch	Potato cutlet	
	Side dish/ dessert		Roasted vegetables with mango sauce(GF,LF)	Steamed carrot, green peas (GF, LF)	Steamed broccoli, carrot and green beans	-	Wholegrain rice (GF, LF)
			Boiled potatoes (GF, LF)	Herb roasted potatoes (GF,LF)	Cold yogurt sauce(GF)	-	Potato puree (LF)
			Tumeric rice (GF, LF)	Boiled green lentils (GF, LF)	-	Curd cream (GF)	Steamed carrot, turnip, cabbage (GF, LF)
			Cold yogurt sauce with herbs (GF)	-	Cream sauce with herbs	Berry sauce	-
	Salads		Carrot	Red cabbage	Chinese cabbage	Carrot	Cabbage
			Pineapple	Carrot	Beetroot	Brocoli	Carrot
			Mixed salad leaves	Mixed salad leaves	Mixed salad leaves	Mixed salad leaves	Mixed salad leaves
			Chinese cabbage	Cucumber	Pickled cucumber	Chickpeas	Pickled red onion
			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		Apple snack	Melon snack	Pear snack	Orange snack	Banana snack
		Cauliflower snack	Turnip snack	Paprika snack	White radish	Cucumber snack	
Afternoon snack	Main dish	-	Carrot puree soup	Chicken burger	-	Meat patty	
	Vegetarian	Gratinated zucchini with mushroom	Seeds mix	Vegetable burger	Vegetable wok with rice noodles	Cabbage patty	
	Side dish/ salad		-	Roasted bread cubes	-	-	
			-	-	-	-	
		Pear snack	Tomato	Orange snack	Carrot snack	Kiwi 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.