

Menu 1 School Weekly Menu for 04 - 08 March 2019
05.03 Estonian Tematic day

	Monday	Tuesday	Wednesday	Thursday	Friday		
Breakfast	Porridge		Porridge (2 choices)	Porridge (2 choices)	Porridge (2 choices)		
	Additives		Apple - cinnamon jam (self made)	Jam	Strawberry row jam (self made)	Jam	
			Butter	Butter	Butter	Butter	
	Meal		-	Multigrain bread with chicken and cheese	-	Burrito with chicken and vegetables	
	Vegetarian		Sandwich with cucumber	Multigrain bread with tomato and cheese	Warm dark ciabatta with tomato and mozzarella	Burrito with vegetables	
			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	
			Muesli, cornflakes	Muesli, cornflakes	Muesli, cornflakes	Muesli, cornflakes	
			Unflavoured yoghurt	Unflavoured yoghurt	Unflavoured yoghurt	Unflavoured yoghurt	
		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)		
Lunch	Main dish		Estonian potato-barley mash with pork	Minced meat lasagna	Creamy fish soup (GF)	Baked chicken thigh meat (GF,LF)	
	Vegetarian (optional)		Spinach risotto	Vegetable lasagna	Creamy vegetable soup (GF)	Broccoli-cheese balls	
	Side dish/ dessert			Stewed sauerkraut	Steamed broccoli, carrot and green beans	-	Wholegrain rice (GF, LF)
				-	Cold yogurt sauce(GF)	-	Potato puree (LF)
				-	-	Fresh cheese cream (GF)	Steamed carrot, turnip, cabbage (GF, LF)
				Sour cream	-	Peach sauce (GF,LF)	-
	Salads			Red cabbage	Chinese cabbage	Carrot	Cabbage
				Carrot	Beetroot	Brocoli	Carrot
				Mixed salad leaves	Mixed salad leaves	Mixed salad leaves	Mixed salad leaves
				Pickled cucumber	Cucumber	Chickpeas	Pickled red onion
				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)	
	Drinks		Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	
Vegetable snacks			Apple snack	Pear snack	Orange snack	Banana snack	
			Turnip snack	Paprika snack	Carrot and celery snack	Cucumber snack	
Afternoon snack	Main dish		Pocket bread with ham and cheese	Split pea soup with meat (LF)	Pasta salad with chicken	-	
	Vegetarian		Pocket bread with vegetables	Split pea soup (LF)	Pasta salad	Cheese roll	
	Side dish/ salad			-	-	-	-
				Melon snack	Orange snack	Kiwi snack	Carrot snack
	Drinks		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.