

**Menu 2 Nursery Weekly Menu for 11 - 15 March 2019**
**11.03 French Thematic day**

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge	-	Porridge	-	Porridge	-
		-	Jam	-	Jam	-
	Additives	-	Butter	-	Butter	-
	Meal	-	-	-	-	-
	Vegetarian (optional)	Omelette	Sandwich with tuna	Warm pocket bread with vegetables	Sandwich with cheese	Scrambled eggs
	Vegetable snack	Banana snack	Cucumber snack	Orange snack	Carrot snack	Paprika snack
	Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment
	Breads	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	Potato casserole with herbs	-	Boiled buckwheat (GF,LF)	Seeds mix	Potato puree (LF)
		-	-	-	Roasted bread cubes	-
		-	-	-	Orange kissel	-
		Mushroom sauce	Yogurt-cucumber sauce	-	Whipped cream	Cream sauce with dill
	Salads	Mixed salad leaves	Green beans	Carrot	-	Chinese cabbage
	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	-	-	-	-	-
	Vegetarian (optional)	Cheese soup	Caesari salad with chicken	Cauliflower soup	Curd scones (Sirniki)	Croissant with tomato and mozzarella
	Side dish/ salad/vegetable snack	Seeds mix	Caesari salad	Seeds mix	Sour cream	-
		Roasted bread cubes	-	Roasted bread cubes	Strawberry row jam (self made)	-
		Turnip snack	Pear snack	White radish	Kiwi snack	Apple 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](mailto: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.