

Menu 2 Nursery Weekly Menu for 18 - 22 March 2019

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge	-	Porridge	-	-	Porridge
		-	Jam	-	-	Jam
	Additives	-	Butter	Sour cream	-	Butter
	Meal	Boiled egg	-		Chicken corn tube	-
	Vegetarian (optional)	Sandwich with ham	Sandwich with tomato	Potato and mushroom patty	Vegetable corn tube	Sandwich with cheese and cucumber
	Vegetable snack	Carrot snack	Apple snack	Kiwi snack	Carrot snack	Turnip snack
	Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment
Breads	-	-	-	-	-	
Lunch	Main dish	Zucchini stew with minced meat (GF,LF)	Sweet and sour chicken (GF,LF)	Beef - spinach stew (GF,LF)	Fish soup (GF,LF)	Chicken meat in apple sauce (GF,LF)
	Vegetarian (optional)	Zucchini stew with tomato 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	-	Boiled potatoes (GF, LF)	-	Seeds mix	Tumeric rice (GF, LF)
		-	-	-	Roasted bread cubes	-
		Yoghurt - curry sauce (GF)	-	-	Strawberry sauce (GF, LF)	-
	Salads	Mixed salad leaves	Carrot	Cabbage	-	Green beans
	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	Beverage assortment	
Afternoon snack	Main dish	-	-	-	-	-
	Vegetarian (optional)	Chinese style fried rice	Broccoli and cheese puree soup	Omelette with vegetables	Carrot and millet scone with coconut	Black currant pastry
	Side dish/ salad/vegetable snack	-	Seeds mix	-	Sour cream	-
		-	Roasted bread cubes	-	-	-
		Banana snack	Cucumber snack	White radish	Pear snack	Apple 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.