

Menu 2 Nursery Weekly Menu for 25 - 29 March 2019

		Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Porridge	-	Porridge	-	-	Porridge	
	Additives	-	Jam	-	-	Jam	
		-	Butter	-	-	Butter	
	Meal	-	-	-	Croissant with ham and cheese	-	
	Vegetarian (optional)	Hit dog with chicken		Sandwich with cucumber	Vegetable egg muffin	Croissant with tomato and cheese	Sandwich with cheese
	snack	Cauliflower snack	Melon snack	Paprika snack	Orange snack	Cucumber snack	
	Drinks	Beverage assortment		Beverage assortment	Beverage assortment	Beverage assortment	
	Breads	-	-	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	-	Herb roasted potatoes (GF,LF)		-	-	Potato puree (GF)
		-	-	-	-	-	-
		-	-	-	-	Curd cream (GF)	-
		-	Cold yogurt sauce with herbs (GF)	Cream sauce with herbs	Cold yogurt sauce with herbs (GF)	Berry sauce	-
	Salads	Chinese cabbage	Mixed salad leaves	Beetroot	-	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	-	Carrot puree soup	Chicken burger	-	Meat patty	
	Vegetarian (optional)	Gratinated zucchini with mushroom		Seeds mix	Vegetable burger	Vegetable wok with rice noodles	Cabbage patty
	Side dish/ salad/vegetable snack	-	Roasted bread cubes		-	-	-
		-	-	-	-	-	-
	-	Pear snack	Turnip snack	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.