

Menu 2 Nursery Weekly Menu for 04 - 08 March 2019
05.03 Estonian Thematic day

		Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Porridge		Porridge	-	Porridge	-	
	Additives		Apple - cinnamon jam (self made)	-	Strawberry row jam (self made)	-	
			Butter	-	Butter	-	
	Meal		Sandwich with cucumber	Multigrain bread with chicken and cheese	Sandwich with liver paste	Burrito with chicken and vegetables	
	Vegetarian (optional)		-	Multigrain bread with tomato and cheese	Warm dark ciabatta with tomato and mozzarella	Burrito with vegetables	
	Vegetable snack		Turnip snack	Pear snack	Carrot and celery snack	Banana snack	
	Drinks		Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	
Breads		-	-	-	-		
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	Köögiviljalasanje	Creamy vegetable soup (GF)	Broccoli-cheese balls	
	Side dish/ dessert		Stewed sauerkraut	-	-	-	Potato puree (GF)
			-	-	-	-	-
			-	-	-	Fresh cheese cream (GF)	-
	Salads		Sour cream	Cold yogurt sauce with herbs (GF)	Peach sauce (GF,LF)	-	
	Breads		Mixed salad leaves	Beetroot	-	Cabbage	
Drinks		Bread assortment (2 choices)	Bread assortment (2 choices)	Bread assortment (2 choices)	Bread assortment (2 choices)		
Afternoon snack	Main dish		Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	
	Vegetarian (optional)		Pocket bread with ham and cheese	Split pea soup with meat (LF)	Pasta salad with chicken	-	
	Side dish/ salad/vegetable snack		Pocket bread with vegetables	Split pea soup (LF)	Pasta salad	Cheese roll	
			-	-	-	-	
	Drinks		-	-	-	-	
	Breads		Apple snack	Paprika snack	Kiwi snack	Carrot snack	
		Beverage assortment	-	Beverage assortment	Beverage assortment		
		-	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.