

Menu 1 School Weekly Menu for 13 - 17 May 2019

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge	Porridge (lactose and lactose-free choice)	Porridge (lactose and lactose-free choice)	Porridge (lactose and lactose-free choice)	Porridge (lactose and lactose-free choice)	Porridge (lactose and lactose-free choice)
		Row jam (Daily self made)	Jam	Jam	Jam	Jam
	Additives	Butter	Butter	Butter	Butter	Fresh cream cheese spread
	Meal	-	-	-	-	Egg casserol with vegetables
	Vegetarian	Pancake	Sandwich with egg and avokado	Scrambled eggs	Cream pastry	-
		Ham slices	Cheese slices	Cheese slices	Ham slices	Cheese slices
		Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices
		Muesli, cornflakes	Muesli, cornflakes	Muesli, cornflakes	Muesli, cornflakes	Muesli, cornflakes
		Strawberry yoghurt (Daily self made)	Berry yoghurt (Daily self made)	Berry yoghurt (Daily self made)	Berry yoghurt (Daily self made)	Kiwi yoghurt (Daily self made)
	Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment	
Lunch	Main dish	Mexico beef stew (LF)	Potato casserole with chicken and vegetables	Fish cutlet	Tomato - minced meat soup (GF,LF)	Chicken stew
	Vegetarian (optional)	Ratatouille (GF,LF)	Potato - zucchini casserole	Chickpeas cutlet or falafel (GF,LF)	Broccoli puree soup (GF)	Mushroom stew
	Side dish/ dessert	Wholegrain pasta (LF)	-	Wholegrain rice (GF, LF)	Seeds mix	Boiled green lentils (GF,LF)
		Boiled potatoes (GF, LF)	-	Pearl couscous (GF, LF)	Roasted bread cubes	Potato puree (GF)
		Steamed green beans (GF,LF)	Vegetables with sweet chilli (GF,LF)	Steamed cauliflower with butter and herbs (GF)	Cocoa-curd cheese cream (GF)	Roasted broccoli and carrot mix (GF,LF)
		Sour cream	Cold yogurt sauce with herbs (GF)	Cream sauce with garlic	Cherry jam	-
	Salads	Carrot	Cucumber	Green beans	Pumpkin	Frillice
		Beetroot	White radish	Spinach	Chickpeas	Cucumber
		Iceberg cabbage	Iceberg cabbage	White radish	Salad leaves	White radish
		Cucumber	Tomato	Carrot	Mung bean sprouts	Beetroot
		Salad dressings	Salad dressings	Salad dressings	Salad dressings	Salad dressings
	Breads	Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment
	Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment
Vegetable snacks	Pear snack	Melon snack	Apple snack	Kiwi snack	Apple snack	
	Tomato snack	Cucumber snack	Turnip snack	Celery snack	Carrot snack	
Afternoon snack	Main dish	-	-	Multigrain bun with chicken and vegetables	-	Croissant with ham and cheese
	Vegetarian	Vegetable casserole	Vegetable and tumeric rice casseroles	Multigrain bun with cheese and vegetables	Strawberry salad with mango sauce	Croissant with tomato and cheese
	Side dish/ salad	-	-	-	-	-
		Watermelon snack	Banana snack	Pear snack	Carrot snack	Kiwi snack
	Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment
	Breads	Bread assortment	Bread assortment	-	-	-

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.