

Menu 1 School Weekly Menu for 2 - 3 May 2019

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge				Porridge (2 choices)	Porridge (2 choices)
	Additives				Jam	Jam
	Meal				Butter	Butter
	Vegetarian				Croissant with ham and cheese	-
					Croissant with tomato and cheese	Sandwich with cheese
					Ham and cheese slices	Ham and cheese slices
					Tomato - cucumber slices	Tomato - cucumber slices
					Muesli, cornflakes	Muesli, cornflakes
					Unflavoured yoghurt	Unflavoured yoghurt
				Smoothie (self made)	Smoothie (self made)	
				Bread assortment (2 choices)	Bread assortment (2 choices)	
Lunch	Main dish				Thai beef soup (GF,LF)	Sweet and sour pork sauce (LF)
	Vegetarian (optional)				Patato cream soup with mushrooms (GF)	Cabbage schnitzel with cheese
	Side dish/ dessert				-	Boiled buckwheat (GF, LF)
					-	Potato puree (GF)
					Curd cream with berries (GF)	Steamed carrot, turnip, cabbage (GF, LF)
					-	-
	Salads				Carrot	Cabbage
					Brocoli	Carrot
					Mixed salad leaves	Mixed salad leaves
					Chickpeas	Pickled red onion
					Salad dressings	Salad dressings
	Breads				Bread assortment (5 choices)	Bread assortment (5 choices)
	Drinks				Beverage assortment	Beverage assortment
Vegetable snacks				Orange snack	Banana snack	
				White radish	Cucumber snack	
Afternoon snack	Main dish				-	Meat patty
	Vegetarian				Vegetable wok with rice noodles	Cabbage patty
	Side dish/ salad				-	-
					-	-
					Carrot snack	Kiwi snack
	Drinks				Beverage assortment	Beverage assortment
Breads				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.