

Menu 1 School Weekly Menu for 27 - 31 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)	
	Additives	Row jam (Daily self made) Fresh cream cheese spread	Jam Butter	made) Butter	Jam Butter	Jam Butter
	Meal	-	-	Curd scones (Sirniki)	-	Warm sanwich with chicken and
	Vegetarian	Pancake	Sandwich with eggbutter	Sour cream	Boiled egg	Warm sanwich with vegetables and cheese
		Ham slices	Cheese slices	Ham 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)	Banana yoghurt (Daily self made)
		Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment
Lunch	Main dish	Tuna lasagna	Chicken with teriyaki sauce (LF,GF)	Tomato bulgur with chicken (LF)	Homely meatball's soup (LF)	Pork risotto with vegetables(GF,LF)
	Vegetarian (optional)	Vegetable lasagna	Potato - cottage cheese scone	Tomato bulgur with vegetables (LF)	Carrot cream soup with coconut milk (LF, GF)	Spinach risotto with vegetables (GF)
	Side dish/ dessert	-	Potato puree (GF)	-	Seeds mix	-
		-	Tumeric rice (LF,GF)	-	Roasted bread cubes	-
		Steamed broccoli and carrot mix (LF,GF)	Steamed green beans (LF,GF)	Roasted vegetables with mango sauce (LF,GF)	Coconut milk cream	Baked vegetables with mustard and thyme(GF, LF)
		-	Cold garlic and herb sauce(GF)	Sour cream	Cranberry sauce	(GF)
	Salads	Carrot	Iceberg cabbage	Corn	Beetroot	Cucumber
		Tomato	Beetroot	Green peas	Pumpkin	Carrot
		Iceberg cabbage	White radish	Chinese cabbage	Spinach	Iceberg cabbage
		Olives	Cucumber	Carrot	Leek	Tomato
		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	Apple snack	Pear snack	Banana snack	Orange snack	Apple snack
Cauliflower snack		Carrot snack	Tomato snack	Cucumber snack	Celery snack	
Afternoon snack	Main dish	-	Wrap with ham and cheese	-	Couscous with chicken and vegetables (LF)	
	Vegetarian	Strawberry yogurt with fruit salad and muesli	Wrap with cheese	Zucchini casserol (GF)	Couscous with vegetables (LF)	Blackcurrant pastry
	Side dish/ salad	-	-	-	-	-
		-	-	-	-	-
		Celery snack	Apple snack	Pear snack	Watermelon snack	Melon snack
	Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment
Breads	-	-	-	-	-	

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.