

Menu 1 School Weekly Menu for 06 - 10 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)	Jam	made)	Jam	Jam
		Butter	Butter	Butter	Butter	Fresh cream cheese spread
	Meal	Sandwich with liver paste	-	Meat patty	-	-
	Vegetarian	Sandwich with cheese and tomato	Fried egg	Cabbage patty	Breakfast potato casserole	Egg bread with cheese
		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	Chicken wings sweet chilli and yoghurt sauce (GF)	Tuna and rice ball	Chicken and rice casserole with coconut milk (GF,LF)	Creamy chicken - pasta soup	Sweet and sour chinese cabbage with pork (GF,LF)
	Vegetarian (optional)	Cabbage bindweed with tomato sauce	Carrot cutlet with sesame seeds (LF)	Zucchini - rice casserole with coconut milk (GF,LF)	Creamy vegetable - pasta soup	Sweet and sour chinese cabbage (GF,LF)
	Side dish/ dessert	Roasted potatoes (GF,LF)	Pearl couscous (GF, LF)	-	-	Tumeric rice (GF, LF)
		Wholegrain rice (GF, LF)	Boiled buckwheat (GF,LF)	-	-	Boiled potatoes (GF, LF)
		Steamed broccoli (GF,LF)	Fried vegetables with tofu (GF,LF)	Vegetables with balsamic vinegar (GF,LF)	Biscuit roll with jam	Oriental style vegetables (GF, LF)
	Salads	Cold yogurt garlic sauce(GF)	Cream sauce	-	-	-
		Corn	Red cabbage	Tomato	Carrot	Corn
		Carrot	Green peas	Beetroot	Chickpeas	Carrot
		Frillice	Iceberg cabbage	Iceberg cabbage	Spinach	Iceberg cabbage
		White radish	White radish	Cucumber	Broccoli	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	Melon snack	Kiwi snack	
	Turnip snack	Carrot snack	Celery snack	Tomato snack	Cucumber snack	
Afternoon snack	Main dish	-	-	Potato cake with ham	-	
	Vegetarian	Omelette with beet (GF)	Rice and carrot soup with melted cheese (GF)	Rice noodles with broccoli and pea pesto (GF, LF)	Potato cake with herbs	Cinnamon roll
	Side dish/ salad	-	-	-	-	-
		-	-	-	-	-
		Banana snack	Kiwi snack	Cauliflower snack	Apple snack	Banana snack
	Drinks	Beverage assortment	-	Beverage assortment	Beverage assortment	Beverage assortment
Breads	Bread assortment	Bread assortment	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.