

**Menu 2 Nursery 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)
	Additives	-	Jam	-	-	Jam
	Meal	Row jam (Daily self made)	Butter	-	-	Fresh cream cheese spread
	Vegetarian (optional)	Pancake	-	-	-	-
	Vegetable snack	-	Sandwich with egg and avokado	Scrambled eggs	Cream pastry	-
	Drinks	Pear snack	Cucumber snack	Turnip snack	Kiwi snack	Carrot snack
	Breads	Strawberry yoghurt (Daily self made)	Beverage assortment	Beverage assortment	Beverage assortment	Beverage 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	Boiled potatoes (GF, LF)	-	Wholegrain rice (GF, LF)	Seeds mix	Potato puree (LF)
		-	-	-	Roasted bread cubes	-
		-	-	-	Cocoa-curd cheese cream (GF)	-
		-	Cold yogurt sauce with herbs (GF)	Cream sauce with garlic	Cherry jam	-
	Salads	Iceberg cabbage	White radish	Carrot	-	Cucumber
	Breads	Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment
Drinks	Beverage assortment	Beverage assortment	Beverage assortment	-	Beverage assortment	
Afternoon snack	Main dish	-	-	-	-	-
	Vegetarian (optional)	Vegetable casserole	Vegetable and tumeric rice casseroles	Multigrain bun with chicken and vegetables	Strawberry salad with mango sauce	Croissant with tomato and mozzarella
	Side dish/ salad/vegetable snack	-	-	Multigrain bun with cheese and vegetables	-	-
		-	-	-	-	-
	Drinks	Tomato snack	Melon snack	Apple snack	Celery snack	Apple snack
	Breads	-	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment
	Bread assortment	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](mailto: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.