

Menu 2 Nursery Weekly Menu for 20 - 24 May 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Porridge	Porridge (lactose and lactose-free choice)	-	-	Porridge (lactose and lactose-free choice)	
	Additives	Row jam (Daily self made)	-	-	Jam	-
		Butter	-	-	Butter	-
	Meal	-	Cottage cheese with banana	Chicken corn tube	-	Omelette with herbs
	Vegetarian (optional)	Warm curd bread	-	Vegetable corn tube	Sandwich with tuna	-
	Vegetable snack	Pear snack	Apple snack	Banana snack	Cauliflower snack	Pear snack
	Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment
Breads	-	-	-	-	Bread assortment	
Lunch	Main dish	Creamy chicken pasta	Pilaf with pork (GF,LF)	Chicken curry	Creamy fish soup (GF)	Chicken meat with ginger and garlic (GF,LF)
	Vegetarian (optional)	Sweet sour rice noodles with vegetables (GL)	Pilaf with vegetables (GF,LF)	Lentil and vegetable curry	Broccoli and cheese puree soup	Pancake with zucchini, carrot and cheese
	Side dish/ dessert	Cheese	Sour cream	-	Seeds mix	Cream sauce
		-	-	Potato puree (GF)	Roasted bread cubes	Boiled bulgur (LF)
		-	-	-	Berry jelly (GF,LF)	-
	Salads	Beetroot	Carrot	Iceberg cabbage	Whipped cream	-
	Breads	Bread assortment	Bread assortment	Bread assortment	-	Tomato
Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Bread assortment	Bread assortment	
Afternoon snack	Main dish	Minced meat pizza	-	-	Pasta chicken salad	-
	Vegetarian (optional)	Cheese pizza	Cauliflower puree soup (GF)	Pancake with curd and berries	Pasta salad	Cheese roll
	Side dish/ salad/vegetable snack	-	Seeds mix	-	-	-
		-	Roasted bread cubes	-	-	-
	Cucumber snack	Paprika snack	Carrot snack	Pear snack	White radish snack	
	Drinks	Beverage assortment	-	Beverage assortment	Beverage assortment	Watermelon smoothie (Daily self made)
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.