

**Menu 2 Nursery 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)	
	Additives	Row jam (Daily self made)	Jam	-	-	Jam
		Fresh cream cheese spread	Butter	-	-	Butter
	Meal	Pancake	-	Curd scones (Sirniki)	Boiled egg	Warm sandwich with chicken and cheese
	Vegetarian (optional)	-	Sandwich with eggbutter	Sour cream	Sandwich with ham	Warm sandwich with vegetables and cheese
	snack	Apple snack	Pear snack	Banana snack	Orange snack	Celery snack
	Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment
	Breads	-	-	-	-	-
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	-
		-	-	-	Roasted bread cubes	-
		-	-	-	Coconut milk cream	-
		-	Tomato sauce	Cold yogurt sauce with herbs (GF)	Cranberry sauce	Cold yogurt sauce with herbs (GF)
	Salads	Carrot	Iceberg cabbage	Corn	-	Tomato
	Breads	Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment
Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	
Afternoon snack	Main dish	-	Wrap with ham and cheese	-	Couscous with chicken and vegetables (LF)	-
	Vegetarian (optional)	Strawberry yogurt with fruit salad and muesli	Wrap with cheese	Zucchini casserol (GF)	Couscous with vegetables (LF)	Blackcurrant pastry
	Side dish/ salad/vegetable snack	-	-	-	-	-
		-	-	-	-	-
		Cauliflower snack	Carrot snack	Tomato snack	Cucumber snack	Apple 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](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.