

Menu 2 Nursery 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)	
	Additives	Row jam (Daily self made)	-	-	-	Jam
		Butter	Butter	-	-	-
	Meal	Sandwich with liver paste	Fried egg	Meat patty	Breakfast potato casserole	-
	Vegetarian (optional)	Sandwich with cheese and tomato	Cheese slices	Cabbage patty	-	Egg bread with cheese
	Vegetable snack	Apple snack	Carrot snack	Banana snack	Tomato snack	Cucumber snack
	Drinks	Beverage assortment	Beverage assortment	Berry yoghurt (Daily self made)	Beverage assortment	Beverage assortment
Breads	-	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)	Boiled buckwheat (GF,LF)	-	-	Boiled potatoes (GF, LF)
		-	-	-	-	-
		Salad dressings	Cream sauce	-	-	Biscuit roll with jam
	Salads	Frillice	White radish	Beetroot	-	Carrot
	Breads	Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment
Drinks	Beverage assortment	Beverage assortment	Beverage assortment	-	Beverage assortment	
Afternoon snack	Main dish	-	-	-	Potato cake with ham	-
	Vegetarian (optional)	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/vegetable snack	-	-	-	-	-
		Turnip snack	Pear snack	Cauliflower snack	Melon snack	Banana snack
	Drinks	-	-	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.