

Menu 1 School Weekly Menu for 17 - 21 June 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)	Porridge (lactose and lactose-free choice)
	Additives	Raw jam (Daily self made)	Jam	Strawberry raw jam (Daily self made)	Jam	Jam
		Butter	Butter	Butter	Butter	Fresh cream cheese spread
	Meal	-	-	Chicken corn tube	-	-
	Vegetarian	Warm curd bread	Cottage cheese with banana	Vegetable corn tube	Sandwich with tuna	Omelette with herbs
		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)	Banana yoghurt (Daily self made)
	Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment	
Lunch	Main dish	Creamy chicken pasta	Pilaf with pork (GF,LF)	Chicken curry	Creamy fish soup (GF)	Bologna sauce with minced meat (GF,LF)
	Vegetarian (optional)	Sweet sour rice noodles with vegetables (GL)	Pilaf with vegetables (GF,LF)	Lentil and vegetable curry	Pumpkin puree soup (GF)	Bologna sauce with zucchini (GF,LF)
	Side dish/ dessert	-	-	Boiled rice (GF, LF)	Seeds mix	Steamed broccoli
		-	-	Potato puree (GF)	Roasted bread cubes	Wholegrain pasta
		Steamed broccoli and cauliflower (GF)	Oriental style vegetables (GF, LF)	Garlik butter carrot	Kiwi Jelly(GF,LF)	Boiled potatoes
		Cheese	Sour cream	-	Whipped cream	-
	Salads	Beetroot	Red cabbage	Pumpkin	Beetroot	Spinach
		Pumpkin	Carrot	Pineapple	Paprika snack	Tomato
		Lettuce	Spinach	Lettuce	Rucola	Cucumber
		Pickled red onion	White radish	Carrot	Corn	Carrot
		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	Pear snack	Apple snack	Banana snack	Pear snack	Pear snack	
	Cucumber snack	Paprika snack	Celery snack	Cauliflower snack	White radish snack	
Afternoon snack	Main dish	Minced meat pizza	-	-	Potato salad with ham	-
	Vegetarian	Cheese pizza	Cauliflower puree soup (GF)	Pancake with curd and berries	Potato salad	Cheese roll
	Side dish/ salad	-	Seeds mix	-	-	-
		-	Roasted bread cubes	-	-	-
		Melon snack	Banana snack	Carrot snack	Kiwi snack	Apple 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.