

Menu 2 Nursery Weekly Menu for 10 - 14 June 2019

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge	-	Porridge (lactose and lactose-free choice)	-	-	Porridge (lactose and lactose-free choice)
	Additives	-	Jam	-	-	Jam
	Meal	Raw 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 minced meat and vegetables	Fish cutlet	Borch with pork (GF,LF)	Chicken stew
	Vegetarian (optional)	Ratatouille (GF,LF)	Potato casserole with zucchini and mushrooms	Chickpeas cutlet or falafel (GF,LF)	Borch with vegetables (GF,LF)	Mushroom stew
	Side dish/ dessert	Boiled potatoes (GF, LF)	-	Wholegrain rice (GF, LF)	Sour cream	Potato puree (LF)
		-	-	-	-	-
		-	-	-	Panna cotta	-
		-	Cold yogurt sauce with herbs (GF)	Cream sauce with garlic	Strawberry raw jam	-
	Salads	Lettuce	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 casserol	Broccolisoup	Strawberry salad with mango sauce	Croissant with tomato and mozzarella
	Side dish/ salad/vegetable snack	-	-	Roasted bread cubes	-	-
		-	-	-	-	-
	Drinks	Tomato snack	Melon snack	Pear snack	Celery snack	Apple snack
	Breads	-	Beverage assortment	Beverage assortment	Beverage assortment	Beverage 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.