

Menu 2 Nursery Weekly Menu for 03 - 07 June 2019

		Monday	Tuesday	Wednesday	Thursday
Breakfast	Porridge	Porridge (lactose and lactose free choice)	-	-	-
	Additives	Raw jam (Daily self made)	-	-	-
		Butter	Butter	-	-
	Meal	Sandwich with liver paste	Fried egg	Meat patty	Pancake with ham and cheese
	Vegetarian (optional)	Sandwich with cheese and tomato	Cheese slices	Cabbage patty	Pancake with tomato and cheese
	Vegetable snack	Apple snack	Carrot snack	Banana snack	Tomato snack
	Drinks	Beverage assortment	Beverage assortment	Berry yoghurt (Daily self made)	Beverage assortment
Breads	-	Bread assortment	-	Bread assortment	
Lunch	Main dish	Minced beef meat - rice casserole with coconut milk (LF)	Chicken minced meat and rice ball (LF)	Chicken wings with teryaki sauce (LF)	Creamy salmon - pasta soup
	Vegetarian (optional)	Zucchini - rice casserole with coconut milk (LF)	Potato - cottage cheese cutlet	Cabbage rolls	Creamy vegetable - pasta soup
	Side dish/ dessert	Roasted potatoes (GF,LF)	Boiled buckwheat (GF,LF)	-	-
		-	-	-	-
		Salad dressings	Cream sauce	-	Biscuit roll with jam
	Salads	Frillice	White radish	Beetroot	-
	Breads	Bread assortment	Bread assortment	Bread assortment	Bread assortment
Drinks	Beverage assortment	Beverage assortment	Beverage assortment	-	
Afternoon snack	Main dish	-	-	-	Potato cake with ham
	Vegetarian (optional)	Omelette with beetroot (GF)	Rice and carrot soup with melted cheese (GF)	Rice noodles with broccoli and pea pesto (GF, LF)	Potato cake with herbs
	Side dish/ salad/vegetable snack	-	-	Wok mix	-
		Turnip snack	Pear snack	Cauliflower snack	Melon snack
	Drinks	-	-	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@baltic. 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.

Friday
Porridge (lactose and lactose-free choice)
Jam
-
-
Egg bread with cheese
Cucumber snack
Beverage assortment
-
Sweet and sour chinese cabbage with pork (GF,LF)
Sweet and sour chinese cabbage (GF,LF)
Boiled potatoes (GF, LF)
-
-
-
Carrot
Bread assortment
Beverage assortment
-
Cinnamon roll
-
-
Banana snack
Beverage assortment
-