

Menu 2 Nursery Weekly Menu for 02 - 06 September 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)	-	Strawberry row jam (Daily self made)
			-	-	Butter	-
	Meal		-	Sandwich with liver paste	Ham slices	-
	Vegetarian (optional)		Warm curd bread	-	Fried egg	Sandwich with cheese
	Vegetable snack		Cucumber snack	Tomato snack	Cabbage snack	White radish snack
	Drinks		Beverage assortment	Strawberry yoghurt (Daily self made)	Beverage assortment	Beverage assortment
Breads		-	-	Bread assortment	-	
Lunch	Main dish		Turkey sauce	Hotpot with minced meat (GF,LF)	Fish soup (GF,LF)	Baked chicken thigh meat (GF,LF)
	Vegetarian (optional)		Vegetable paella (GF,LF)	Hot pot with chickpeas (GF,LF)	Potato cream soup with mushrooms (GF)	Potato and rice casserole with red lentils (GF,LF)
	Side dish/ dessert		Boiled rice (GF, LF)	-	-	Boiled potatoes (GF, LF)
			-	-	Apple bread pudding	-
			-	-	Milk	-
	Salads		Carrot	Steamed peas (GF,LF)	-	Carrot
	Breads		Bread assortment	Bread assortment	Bread assortment	Bread assortment
Drinks		Beverage assortment	Beverage assortment	-	Beverage assortment	
Afternoon snack	Main dish		Borsch (GF,LF))	Pork- mustard and sour cream sauce	-	Croissant with ham and cheese
	Vegetarian (optional)		Vegetable borsch (GF,LF)	Potato cake with herbs	Potato and carrot puree (GF)	Croissant with tomato and cheese
	Side dish/ salad/vegetable snack		Sour cream	Boiled buckwheat (GF,LF)	Cold cream sauce (GF)	-
			Apple snack	Pear snack	Orange snack	Banana snack
	Drinks		-	Beverage assortment	Beverage assortment	Beverage assortment
	Breads		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 ljubov.kaho@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.