

Menu 2 Nursery Weekly Menu for 09 - 13 September 2019

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge	-	-	Porridge (lactose and lactose-free choice)	-	Porridge (lactose and lactose-free choice)
	Additives	-	-	Strawberry row jam (Daily self made)	-	Row jam (Daily self made)
	Meal	Warm sandwich with chicken and cheese	-	-	-	-
	Vegetarian (optional)	Warm sandwich with vegetables and cheese	Scrambled eggs	Sandwich with fresh cream cheese spread	Curd cream with banana	Sandwich with tuna
	Vegetable snack	Turnip snack	Kohlrabi snack	Cucumber snack	Carrot snack	Cabbage snack
	Drinks	Beverage assortment	Beverage assortment	Berry yoghurt (Daily self made)	Beverage assortment	Beverage assortment
	Breads	-	Bread assortment	-	Bread assortment	-
Lunch	Main dish	Pasta with minced meat (LF)	Chicken and mushroom stew	Salmon fillet pieces (GF, LF)	Tomato - minced meat soup (GF,LF)	Homely pork sauce
	Vegetarian (optional)	Pasta with vegetables (LF)	Mushroom stew	Beans and vegetable stew (GF;LF)	Vegetable puree soup (GF)	Burrito with cheese, beans, tomatoes and leeks
	Side dish/ dessert	-	Boiled rice (GF, LF)	Potato puree (GF)	Seeds mix	Boiled buckwheat (GF,LF)
		-	-	-	Roasted bread cubes	-
		-	-	-	Curd cheese cream (GF)	-
		Tomato sauce (LF)	-	Cream sauce with herbs	-	-
	Salads	Cabbage	Carrot	Beetroot	-	White radish
Breads	Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment	
Drinks	Beverage assortment	Beverage assortment	Beverage assortment	-	Beverage assortment	
Afternoon snack	Main dish	-	Minced meat goulash (LF)	-	-	-
	Vegetarian (optional)	Vegetable casserole	Wholegrain pasta (LF)	Vegetable and tumeric rice casseroles	Potato - egg salad	Pancake
	Side dish/ salad/vegetable snack	Sour cream	Chinese cabbage salad with dill	-	-	-
		Pear snack	Apple snack	Plum snack	Melon snack	Kiwi snack
	Drinks	-	Beverage assortment	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 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.