

Menu 2 Nursery Weekly Menu for 16 - 20 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)	-	made)
	Meal	Warm sandwich with ham and cheese	Omelette with herbs	Sandwich with meet	-	
	Vegetarian (optional)	Warm sandwich with tomato and cheese	-	-	Cottage cheese with sour cream	Sandwich with cheese spread
	Vegetable snack	Cauliflower snack	Salad leaves snacks	Paprika snack	Carrot snack	Turnip snack
	Drinks	Beverage assortment	Beverage assortment	Strawberry yoghurt (Daily self made)	Beverage assortment	Beverage assortment
	Breads	-	Bread assortment	-	Bread assortment	-
Lunch	Main dish	Chicken risotto (GF, LF)	Minced meat and vegetable casserole	Stewed pork pieces in frying pan sauce (GF,LF)	Fish solyanka (GF;LF)	Turkey sauce with herbs
	Vegetarian (optional)	Spinach risotto with vegetables (GF)	Vegetable stew (GF, LF)	Pea and vegetable stew (GF,LF)	Broccoli and cheese puree soup	Chickpeas and carrot curry (GF;LF)
	Side dish/ dessert	-	Sour cream	-	Sour cream	-
		-	-	Potato puree (GF)	Roasted bread cubes	Cooked pearl cous-cous (GF)
		-	-	-	Fruit salad (GF,LF)	-
		-	-	-	Whipped cream (GF)	-
	Salads	Chinese cabbage	Carrot	Stewed sauerkraut (GF;LF)	-	Beetroot
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 pizza	Chicken soup with noodles (LF)	-	Minced meat ball (LF)	-
	Vegetarian (optional)	Cheese pizza	-	Herb roasted vegetables (GF,LF)	Vinegrett (GF,LF)	Pancake with curd and berries
	Side dish/ salad/vegetable snack	-	-	Cold yogurt sauce with herbs (GF)	-	Sour cream
	Drinks	Beverage assortment	-	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.