

**Menu 2 Nursery Weekly Menu for 23 - 21 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)	-	Row jam (Daily self made)	-	Row jam (Daily self made)
		Fresh cream cheese spread	-	-	-	-
	Meal	Pancake	Sandwich with ham	-	Curd scones (Sirniki)	-
	Vegetarian (optional)	-	Boiled egg	Sandwich with cheese	Sour cream	Sandwich with egg butter
	snack	White radish snack	Carrot snack	Cucumber snack	Turnip snack	Red cabbage snack
	Drinks	Beverage assortment	Beverage assortment	Banana yoghurt (Daily self made)	Beverage assortment	Beverage assortment
	Breads	-	-	-	-	-
Lunch	Main dish	Stewed turkey meat (GF,LF)	Wok with pork (LF,GF)	Tuna lasagna	Chicken - vegetable soup with cheese (GF)	Minced meat sauce
	Vegetarian (optional)	Lentils with tomato and curry (GF,LF)	Vegetable wok (LF,GF)	Vegetable lasagna	Vegetable soup with cheese (GF)	Bean pilaf (GF;LF)
	Side dish/ dessert	Boiled potatoes (GF, LF)	Boiled spaghetti (LF)	-	Seeds mix	Boiled buckwheat (GF,LF)
		-	-	-	Roasted bread cubes	-
		-	-	-	Cocoa - yogurt dessert	-
		Cream sauce	-	Cold yogurt sauce with herbs (GF)	Jam	-
	Salads	Cabbage	Broccoli	Beetroot	-	Corn
	Breads	Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment
Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	
Afternoon snack	Main dish	Hungarian chicken stew (GF,LF)	Organic raw buckwheat-meet vegetable stew (GF,LF)	-	Pork and mushroom sauce	-
	Vegetarian (optional)	Wholegrain pasta (LF)	Organic raw buckwheat-vegetable stew (GF,LF)	Zucchini casserol (GF)	Roasted potatoes (GF,LF)	Apple pie
	Side dish/ salad/vegetable snack	-	-	-	Chinese cabbage salad with cucumber	-
		Plum snack	Apple snack	Pear snack	Watermelon snack	Pear snack
	Drinks	Beverage assortment	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](mailto: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.