

Menu 1 School Weekly Menu for 02 - 06 September 2019

	Monday	Tuesday	Wednesday	Thursday	
Breakfast	Porridge		Porrige (lactose and lactose-free choice)	Porrige (lactose and lactose-free choice)	
	Additives		Jam	Strawberry row jam (Daily self made)	
			Butter	Butter	Butter
	Meal		-	-	
	Vegetarian		-	-	
			Ham slices	Liver paste	
			Tomato - cucumber slices	Tomato - cucumber slices	
			Beverage assortment	Strawberry yoghurt (Daily self made)	
		Bread assortment	Bread assortment		
Lunch	Main dish		Turkey sauce	Hotpot with minced meat (GF,LF)	
	Vegetarian (optional)		Vegetable paella (GF,LF)	Hot pot with chickpeas (GF,LF)	
	Side dish/ dessert			Steamed broccoli and cauliflower (GF,LF)	-
				Boiled rice (GF, LF)	-
				Roasted potatoes (GF,LF)	-
				-	-
	Salads			Chinese cabbage, cucumber, corn, carrot	Carrot, tomato, broccoli, radish
				Salad dressings	Salad dressings
				Seeds mix	Seeds mix
	Breads		Bread assortment	Bread assortment	
	Drinks		Beverage assortment	Beverage assortment	
Vegetable snacks		Apple and cucumber snacks	Pear and tomato snacks		
Afternoon snack	Main dish		Borsch with meat	Pork- mustard and sour cream sauce	
	Vegetarian		Vegetable borsch	Potato cake with herbs	
	Side dish/ salad		Sour cream	Boiled buckwheat (GF,LF)	
			Kiwi snack	Carrot	
	Drinks		-	Beverage assortment	
Breads		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.

Friday
Porrige (lactose and lactose-free choice)
Strawberry row jam (Daily self made)
Butter
-
-
Cheese slices
Tomato - cucumber slices
Beverage assortment
Bread assortment
Baked chicken thigh meat (GF,LF)
Potato and rice casserole with red lentils (GF,LF)
Steamed peas, corn (GF,LF)
Tumeric rice (GF, LF)
Boiled potatoes (GF, LF)
Cream sauce with herbs
Beetroot, sauerkraut, tomato, beans
Salad dressings
Seeds mix
Bread assortment
Beverage assortment
Apple and radish snacks
Croissant with ham and cheese
Croissant with tomato and cheese
-
Banana snack
Beverage assortment
-