

**Menu 1 School 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)	Porridge (lactose and lactose-free choice)	Porridge (lactose and lactose-free choice)	Porridge (lactose and lactose-free choice)
	Additives	Row jam (Daily self made) Butter	Jam Butter	Strawberry row jam (Daily self made) Butter	Jam Butter	Strawberry row jam (Daily self made) -
	Meal	Warm sanwich with chicken and cheese	-	-	-	-
	Vegetarian	Warm sanwich with vegetables and cheese	Scrambled eggs	-	-	-
		-	Ham slices	Fresh cream cheese spread	Ham slices	Tuna spread
		Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices
		Beverage assortment	Beverage assortment	Berry yoghurt (Daily self made)	Beverage assortment	Beverage assortment
		Bread assortment	Bread assortment	Bread assortment	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	Steamed green beans (GF,LF)	Steamed cauliflower with butter and fresh dill (GF)	Steamed broccoli (GF, LF)	Roasted bread cubes	Roast turnip (GF,LF)
		-	Boiled rice (GF, LF)	Potato puree (GF)	-	Boiled buckwheat (GF,LF)
		-	Boiled potatoes (GF, LF)	Cooked rice with vegetables (GF;LF)	Curd cheese cream (GF)	Boiled potatoes (GF, LF)
		Tomato sauce (LF)	-	Cream sauce with herbs	-	-
	Salads	Cabbage, beetroot, onion, carrot	Turnip, onion, carrot, tomato	Beetroot, corn, white radish, mixed salad leaves	Cabbage, leek, beetroot, turnip	Iceberg cabbage, carrot, withe radish, pea
		Salad dressings	Salad dressings	Salad dressings	Salad dressings	Salad dressings
		Seeds mix	Seeds mix	Seeds mix	Seeds mix	Seeds mix
	Breads	Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment
	Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment
Vegetable snacks	Pear and turnip snacks	Apple and kohlrabi snacks	Plum and cucumber snacks	Melon and carrot snacks	Pear and cabagge snacks	
Afternoon snack	Main dish	-	Minced meat goulash (LF)	-	-	-
	Vegetarian	Vegetable casserole	Wholegrain pasta (LF)	Vegetable and tumeric rice casserol	Potato - egg salad	Pancake
	Side dish/ salad	Sour cream	Chinese cabbage salad with dill	-	-	Jam
		Watermelon snack	Banana snack	Pear snack	Tomato snack	Kiwi 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.