

Menu 1 School 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)	Porridge (lactose and lactose-free choice)	Porridge (lactose and lactose-free choice)	
	Additives	Row jam (Daily self made)	Jam	Strawberry row jam (Daily self made)	Jam	made)
		Butter	Butter	Butter	Butter	Butter
	Meal	Warm sanwich with ham and cheese	-	-	-	-
	Vegetarian	Warm sanwich with tomato and cheese	Omelette with herbs	-	-	-
		-	Ham slices	Meet spread	Ham slices	Cheese spread
		Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices
		Beverage assortment	Beverage assortment	Strawberry yoghurt (Daily self made)	Beverage assortment	Beverage assortment
	Bread assortment	Bread assortment	Bread assortment	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)	Tomato puree soup with basil (GF,LF)	Chickpeas and carrot curry (GF;LF)
	Side dish/ dessert	Steamed broccoli (GF)	Steamed carrot, green peas (GF, LF)	Stewed sauerkraut (GF;LF)	Sour cream , R 20 %	Steamed cauliflower (GF,LF)
		-	-	Potato puree (GF)	Roasted bread cubes	Boiled potatoes (GF, LF)
		-	-	Boiled buckwheat (GF,LF)	Fruit salad (GF,LF)	Cooked pearl cous-cous (GF)
		-	-	-	Whipped cream (GF)	-
	Salads	Chinese cabbage, cucumber, white radish, beetroot	Iceberg cabbage, carrot, withe radish, turnip	Cabbage, carrot, turnip, pea	Iceberg cabbage, beetroot, corn, leek	Mixed salad leaves, beetroot, carrot, paprika
		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	Plum and cauliflower snacks	Pear and salad leaves snacks	Apple and paprika snacks	Banana and carrot snacks	Apple and turnip snacks
Afternoon snack	Main dish	Minced meat pizza	Chicken soup with noodles (LF)	-	Minced meat ball	-
	Vegetarian	Cheese pizza	-	Herb roasted vegetables (GF,LF)	Vinegrett	Pancake with curd and berries
	Side dish/ salad	-	-	Cold yogurt sauce with herbs (GF)	-	Sour cream
		Melon snack	Carrot snack	Banana snack	Apple snack	Kiwi snack
	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.