

Menu 1 School Weekly Menu for 23 - 27 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)	Jam	made)	Jam	made)
		Fresh cream cheese spread	Butter	Butter	Butter	Butter
	Meal	-	-	-	Curd scones (Sirniki)	-
	Vegetarian	Pancake	Boiled egg	-	Sour cream	-
		Cheese slices	Ham slices	Cheese slices	Ham slices	Egg butter
		Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices
		Beverage assortment	Beverage assortment	Banana yoghurt (Daily self made)	Beverage assortment	Beverage assortment
	Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment	
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	Roasted carrot (GF,LF)	Roasted brussels sprouts (GF,LF)	Steamed broccoli and green beans (GF, LF)	Roasted bread cubes	Steamed green beans (GF,LF)
		Boiled rice (GF, LF)	Boiled spaghetti (LF)	-	-	Boiled buckwheat (GF,LF)
		Boiled potatoes (GF, LF)	Wholegrain rice (GF, LF)	-	Cocoa - yogurt dessert	Potato puree (GF)
		Cream sauce	-	-	Jam	-
	Salads	Carrot, cabbage, turnip, pea	Carrot, broccoli, wite radish, cabagge	Beetroot, turnip, leek, cranberries	Mixed salad leaves, beetroot, onion, white radish	White radish, cucumber, beetroot, corn
		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 radish snacks	Apple and carrot snacks	Pear and cucumber snacks	Watermelon and turnip snacks	Pear and red cabagge snacks
Afternoon snack	Main dish	Hungarian chicken stew (GF,LF)	Organic raw buckwheat-meet vegetable stew (GF,LF)	-	Pork and mushroom sauce	-
	Vegetarian	Wholegrain pasta (LF)	Organic raw buckwheat-vegetable stew (GF,LF)	Zucchini casserol (GF)	Roasted potatoes (GF,LF)	Apple pie
	Side dish/ salad	-	-	-	Chinese cabbage salad with cucumber	-
		Pear snack	Watermelon snack	Carrot and celery snack	Apple snack	Melon 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.

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.