

Menu 2 Nursery Weekly Menu for 02 - 06 March 2020

		Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Porridge	-	-	Porridge (lactose and lactose-free choice)	-	Porridge (lactose and lactose-free choice)	
		-	-	Row jam (Daily self made)	-	Row jam (Daily self made)	
	Additives	-	-	-	Butter	-	
	Meal	Pancake with ham and cheese	-	Sandwich with liver paste	Ham slices	-	
	Vegetarian (optional)	Pancake with cheese	Warm curd bread	-	Fried egg	Sandwich with cheese	
	Vegetable snack	Cucumber Snack	Carrot snack	Tomato snack	Cabbage snack	White radish snack	
	Drinks	Beverage assortment	Beverage assortment	Strawberry yoghurt (Daily self made)	Beverage assortment	Beverage assortment	
Breads		-	-	Bread assortment	-		
Lunch	Main dish	Turkey sauce	Pork risotto (GF,LF)	Hotpot with minced meat (GF,LF)	Vegetable soup with noodles and fish (LF)	Baked chicken thigh meat (GF,LF)	
	Vegetarian (optional)	Vegetable paella (GF,LF)	Bulgur with vegetables (LF)	Hot pot with chickpeas (GF,LF)	Potato cream soup with mushrooms (GF)	Potato and rice casserole with red lentils (GF,LF)	
	Side dish/ dessert	-	-	-	-	-	Cream sauce with herbs
		Boiled buckwheat (GF,LF)	-	-	-	-	Tumeric rice (GF, LF)
		-	-	-	-	Apple bread pudding	-
		-	-	-	-	Milk	-
	Salads	Carrot	Chinese cabbage	Steamed peas (GF,LF)	-	Beetroot	
	Breads	Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment	
Drinks	Beverage assortment	Beverage assortment	Beverage assortment	-	Beverage assortment		
Afternoon snack	Main dish	Borsch with pork (GF; LF)	-	Beef - spinach stew (GF,LF)	Burrito with chicken and vegetables	Croissant with ham and cheese	
	Vegetarian (optional)	Borsch (no meat) (GF; LF)	Lasagne with spinach and ricotta	Aloo Palak (Potato and spinach curry) (GF,LF)	Burrito with vegetables	Croissant with tomato and cheese	
	Side dish/ salad/snack	Sour cream	-	-	-	-	-
		-	-	-	-	-	-
		Apple snack	Mandarin snack	Pear snack	Orange snack	Banana 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.