

**Menu 2 Nursery Weekly Menu for 09 - 13 March 2020**

|                 |                        | Monday                                     | Tuesday                                      | Wednesday                                | Thursday                           | Friday                                     |
|-----------------|------------------------|--|--|--|------------------------------------|--|
| Breakfast       | Porridge               | Porridge (lactose and lactose-free choice) | -  | -  | -                                  | Porridge (lactose and lactose-free choice) |
|                 | Additives              | Row jam (Daily self made)                  | -  | -  | -                                  | Row jam (Daily self made)                  |
|                 |                        | -  | -  | -  | -                                  | -  |
|                 | Meal                   | -  | -  | Warm sandwich with chicken and cheese    | -                                  | -  |
|                 | Vegetarian (optional)  | Sandwich with fresh cream cheese spread    | Scrambled eggs                               | Warm sandwich with vegetables and cheese | Curd cream with banana             | Sandwich with tuna                         |
|                 | Vegetable snack        | Turnip snack                               | Kohlrabi snack                               | Cucumber snack                           | Carrot snack                       | White radish snack                         |
|                 | Drinks                 | Beverage assortment                        | Beverage assortment                          | Berry yoghurt (Daily self made)          | Beverage assortment                | Beverage assortment                        |
|                 | Breads                 | -  | Bread assortment                             | -  | Bread assortment                   | -  |
| Lunch           | Main dish              | Homely pork sauce                          | Chicken and mushroom stew                    | Salmon fillet pieces (GF, LF)            | Pumpkin puree soup with turkey(GF) | Pasta with minced meat (LF)                |
|                 | Vegetarian (optional)  | Creamy lentil - vegetable curry (GF)       | Mushroom stew                                | Beans and vegetable stew (GF;LF)         | Pumpkin puree soup (GF)            | Pasta with vegetables (LF)                 |
|                 | Side dish/ dessert     | -  | -  | Cream sauce with herbs                   | Roasted bread cubes                | Tomato sauce (LF)                          |
|                 |                        | Boiled buckwheat (GF,LF)                   | Boiled rice (GF, LF)                         | Potato puree (GF)                        | -                                  | -  |
|                 |                        | -  | -  | -  | Curd cheese cream (GF)             | -  |
|                 | Salads                 | White radish                               | Tomato                                       | Corn                                     | -                                  | Carrot                                     |
|                 | Breads                 | Bread assortment                           | Bread assortment                             | Bread assortment                         | Bread assortment                   | Bread assortment                           |
|                 | Drinks                 | Beverage assortment                        | Beverage assortment                          | Beverage assortment                      | -                                  | Beverage assortment                        |
| Afternoon snack | Main dish              | Garlic turkey with oven roots (GF,LF)      | -  | Pork and bulgur stew (LF)                | Quesadilla with chicken and cheese | -  |
|                 | Vegetarian (optional)  | Baked vegetables                           | Baked pumpkin with lentils and lemon (GF,LF) | Bulgur with vegetables (LF)              | Quesadilla with cheese             | Burger with bean cutlet                    |
|                 | Side dish/ salad/snack | -  | -  | -  | -                                  | -  |
|                 |                        | Pear snack                                 | Apple snack                                  | Mandarin snack                           | Melon snack                        | Kiwi snack                                 |
|                 | Drinks                 | Beverage assortment                        | 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](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.