

## Menu 2 Nursery Weekly Menu for 16 - 20 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)	-	Row jam (Daily self made)
		Fresh cream cheese spread	-	-	-	-
	Meal	-	Omelette with herbs	Sandwich with meet	-	
	Vegetarian (optional)	Pancake	-	-	Cottage cheese with sour cream	Sandwich with cheese spread
	Vegetable snack	Cauliflower snack	Salad leaves snacks	Paprika snack	Carrot snack	Cucumber snack
	Drinks	Beverage assortment	Beverage assortment	Strawberry yoghurt (Daily self made)	Beverage assortment	Beverage assortment
	Breads	-	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	-	-	-	Sour cream	-
		-	-	Potato puree (GF)	-	Cooked pearl cous-cous (LF)
		-	-	-	Fruit salad (GF,LF)	-
		-	-	-	Whipped cream (GF)	-
	Salads	Chinese cabbage	Carrot	Beetroot	-	Steamed cauliflower (GF,LF)
	Breads	Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment
Drinks	Beverage assortment	Beverage assortment	Beverage assortment	-	Beverage assortment	
Afternoon snack	Main dish	Sweet and sour chinese cabbage with pork (GF,LF)	-	Minced meat pizza	Chicken meat pilaf (GF,LF)	-
	Vegetarian (optional)	Sweet and sour chinese cabbage (GF,LF)	Vegetable puree soup (GF)	Cheese pizza	Vegetable paella (GF,LF)	Beet and blue cheese tart
	Side dish/ salad/snack	Herb roasted potatoes (GF,LF)	Roasted bread cubes	-	-	-
		-	-	-	-	-
	Mandarin snack	Pear snack	Apple snack	Banana 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](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.