

## Menu 2 Nursery Weekly Menu for 23 - 27 March 2020

## Saara Pius week

|                       | 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                   | -  | Sandwich with ham                 | Warm sandwich with ham and cheese         | Curd scones (Sirniki)                                | -   |   |
|                       | Vegetarian (optional)  | Sandwich with cheese                       | Boiled egg                        | Warm sandwich with tomato and cheese      | Sour cream   | Sandwich with egg butter  |   |
|                       | snack                  | White radish snack                         | Pumpkin snack                     | Cucumber snack                            | Turnip snack   | Carrot snack  |   |
|                       | Drinks                 | Beverage assortment                        | Beverage assortment               | Banana yoghurt (Daily self made)          | Beverage assortment                                  | Beverage assortment   |   |
|                       | Breads                 | -  | -                                 | -   | -  | -   |   |
|                       | Lunch                  | Main dish                                  | Stewed turkey meat (GF,LF)        | Pork meat sauce                           | Tuna lasagna   | <b>Lentil - vegetable soup with minced beef meat (GF, LF)</b>       | <b>Vegetable and chickpeas curry with chicken (LF,GF)</b> |
| Vegetarian (optional) |                        | Lentils with tomato and curry (GF,LF)      | Bean pilaf (GF;LF)                | Vegetable lasagna                         | Lentil - vegetable soup (GF, LF)                     | Vegetable and chickpeas curry (LF,GF)                               |   |
| Side dish/ dessert    |                        | Cream sauce                                | -                                 | -   | -  | -   | -   |
|                       |                        | Boiled rice (GF, LF)                       | Boiled buckwheat (GF,LF)          | -   | -  | <b>Berry jelly (GF,LF)</b><br><b>Whipped cream with coconut(GF)</b> | Wholegrain rice (GF, LF)                                  |
| Salads                |                        | Carrot                                     | Steamed green peas (GF,LF)        | Beetroot                                  | -  | Steamed broccoli (GF, LF)   |   |
| Breads                |                        | Bread assortment                           | Bread assortment                  | Bread assortment                          | Bread assortment                                     | Bread assortment  |   |
| Drinks                |                        | Beverage assortment                        | Beverage assortment               | Beverage assortment                       | Beverage assortment                                  | Beverage assortment   |   |
| Afternoon snack       | Main dish              | Shredded meat wrap                         | -                                 | Couscous with chicken and vegetables (LF) | -  | -   |   |
|                       | Vegetarian (optional)  | Wrap with eggplant and cheese              | Carrot cutlet with sesame seeds   | Couscous with vegetables (LF)             | Sweet and sour rice noodles with vegetables (GF, LF) | Blackcurrant pastry   |   |
|                       | Side dish/ salad/snack | -  | Cold yogurt sauce with herbs (GF) | -   | -  | -   | -   |
|                       |                        | Mandarin snack                             | Pear snack                        | Apple snack                               | Watermelon snack                                     | Melon snack   |   |
|                       | Drinks                 | Beverage assortment                        | Beverage assortment               | Beverage assortment                       | Beverage assortment                                  | Beverage assortment   |   |
|                       | Breads                 | -  | -                                 | 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.