

Menu 1 School 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)	Porridge (lactose and lactose-free choice)	Porridge (lactose and lactose-free choice)	
	Additives	Row jam (Daily self made)	Jam	Row jam (Daily self made)	Jam	Row jam (Daily self made)
		Butter	Butter	Butter	Butter	Butter
	Meal	Pancake with ham and cheese	-	-	-	-
	Vegetarian	Pankace with cheese	-	-	Fried egg	-
		-	Ham slices	Liver paste	Ham slices	Cheese slices
		Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices
		Beverage assortment	Beverage assortment	Strawberry yoghurt (Daily self made)	Beverage assortment	Beverage assortment
	Bread assortment	Bread assortment	Bread assortment	Bread assortment	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	Steamed broccoli and cauliflower (GF,LF)	Roasted beetroot with herbs (GF,LF)	Steamed peas (GF,LF)	-	Steamed peas, corn (GF,LF)
		Boiled buckwheat (GF,LF)	-	-	-	Tumeric rice (GF, LF)
		Boiled potatoes (GF, LF)	-	-	Apple bread pudding	Roasted potatoes (GF,LF)
		-	-	-	Milk	Cream sauce with herbs
	Salads	Beetroot, carrot, leek, paprika	Carrot, pumpkin, tomato, sellery	Chinese cabbage, cucumber, corn, carrot	Carrot, tomato, broccoli, radish	Beetroot, sauerkraut, tomato, beans
		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	Apple and cucumber snacks	Mandarin and carrot snacks	Pear and tomato snacks	Orange and cabbage snacks	Apple and radish snacks
	-	-	-	-	-	
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	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	-	-	-	-
		-	-	-	-	-
		Pear snack	Kiwi snack	Carrot	Cucumber	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.