

**Menu 1 School 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)	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	-
	Meal	-	-	Warm sandwich with chicken and cheese	-	-
	Vegetarian	-	Scrambled eggs	Warm sandwich with vegetables and cheese	-	-
		Fresh cream cheese spread	Ham slices	Fresh cream cheese spread	Ham slices	Tuna spread
		Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices
		Beverage assortment	Beverage assortment	Berry yoghurt (Daily self made)	Beverage assortment	Beverage assortment
	Bread assortment	Bread assortment	Bread assortment	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; LF)	Pasta with vegetables (LF)
	Side dish/ dessert	Steamed green beans (GF,LF)	Steamed cauliflower with butter and fresh dill (GF)	Steamed broccoli (GF, LF)	Roasted bread cubes	Roasted turnip (GF,LF)
		Boiled buckwheat (GF,LF)	Boiled rice (GF, LF)	Potato puree (GF)	-	-
		Boiled potatoes (GF, LF)	Herb roasted potatoes (GF,LF)	Cooked rice with vegetables (GF;LF)	Curd cheese cream (GF)	-
		-	-	Cream sauce with herbs	-	Tomato sauce (LF)
	Salads	Iceberg cabbage, carrot, withe radish, pea	Turnip, onion, carrot, tomato	Beetroot, corn, white radish, mixed salad leaves	Cabbage, leek, beetroot, turnip	Cabbage, beetroot, onion, carrot
		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	Pear and turnip snacks	Apple and kohlrabi snacks	Mandarin and cucumber snacks	Melon and carrot snacks	Pear and radish snacks
		-	-	-	-	-
Afternoon snack	Main dish	Garlic turkey with oven roots (GF,LF)	-	Pork and bulgur stew (LF)	Quesadilla with chicken and cheese	-
	Vegetarian	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	-	-	-	-	-
		Watermelon snack	Banana snack	Pear snack	Tomato 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.