

Menu 1 School 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)	Porridge (lactose and lactose-free choice)	Porridge (lactose and lactose-free choice)	Porridge (lactose and lactose-free choice)
		Row jam (Daily self made)	Jam	Row jam (Daily self made)	Jam	Row jam (Daily self made)
	Additives	Fresh cream cheese spread	Butter	Butter	Butter	Butter
	Meal	-	-	-	-	-
	Vegetarian	Pancake	Omelette with herbs	-	-	-
		-	Ham slices	Meet spread	Ham slices	Cheese spread
		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	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	Steamed broccoli (GF)	Steamed carrot, green peas (GF, LF)	Steamed corn, green peas (GF, LF)	Sour cream	Steamed cauliflower (GF,LF)
		-	-	Potato puree (GF)	-	Cooked pearl cous-cous (LF)
		-	-	Boiled buckwheat (GF,LF)	Fruit salad (GF,LF)	Boiled potatoes (GF, LF)
		-	-	-	Whipped cream (GF)	-
	Salads	Chinese cabbage, cucumber, white radish, beetroot	Iceberg cabbage, carrot, white radish, turnip	Cabbage, carrot, turnip, green beans	Iceberg cabbage, beetroot, corn, leek	Mixed salad leaves, beetroot, carrot, paprika
		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	Mandarin and cauliflower snacks	Pear and salad leaves snacks	Apple and paprika snacks	Banana and carrot snacks	Orange and cucumber snacks
	-	-	-	-	-	
Afternoon snack	Main dish	Sweet and sour chinese cabbage with pork (GF,LF)	-	Minced meat pizza	Chicken meat pilaf (GF,LF)	-
	Vegetarian	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	-	-	-
		-	-	-	-	-
		Melon snack	Carrot snack	Banana snack	Apple 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.

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.