

Menu 1 School 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)	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)	
	Meal	-	Butter	Butter	Butter	Butter	
	Vegetarian	-	-	Warm sanwich with ham and cheese	Warm sanwich with tomato and cheese	Curd scones (Sirniki)	
		Cheese slices	Boiled egg	-	Sour cream	-	
		-	Ham slices	-	Ham slices	Egg butter	
		Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices	
		Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	
	Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment		
Lunch	Main dish	Stewed turkey meat (GF,LF)	Pork meat sauce	Tuna lasagna	Lentil - vegetable soup with minced beef meat (GF, LF)	Vegetable and chickpeas curry with chicken (LF,GF)	
	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	Roasted carrot (GF,LF)	Steamed green peas (GF,LF)	Steamed broccoli and green beans (GF, LF)	-	-	Roasted brussels sprouts (GF,LF)
		Boiled rice (GF, LF)	Boiled buckwheat (GF,LF)	-	-	Wholegrain rice (GF, LF)	
		Boiled potatoes (GF, LF)	Potato puree (GF)	-	-	Berry jelly (GF,LF)	Boiled spaghetti (LF)
		Cream sauce	-	-	-	Whipped cream with coconut(GF)	-
	Salads	Carrot, cabbage, turnip, pea	White radish, cucumber, beetroot, corn	Beetroot, turnip, leek, cranberries	Mixed salad leaves, beetroot, onion, white radish	Carrot, broccoli, wite radish, cabagge	
		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 radish snacks	Pear and pumpkin snacks	Apple and cucumber snacks	Watermelon and turnip snacks	Apple and carrot snacks		
	-	-	-	-	-		
Afternoon snack	Main dish	Shredded meat wrap	-	Couscous with chicken and vegetables (LF)	-	-	
	Vegetarian	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)	-	-	-	
		-	-	-	-	-	
		Carrot and celery snack	Watermelon snack	Pear snack	Apple 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.