

Menu 1 School Weekly Menu for 01 - 04 September 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		Jam	Strawberry row jam (Daily self made)	Jam	Strawberry row jam (Daily self made)
			Butter	Butter	Butter	Butter
	Meal		-	-	-	-
	Vegetarian		-	-	Fried egg	-
			Ham slices	Liver paste	Ham slices	Cheese slices
			Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices
			Beverage assortment	Strawberry yoghurt (Daily self made)	Beverage assortment	Beverage assortment
		Bread assortment	Bread assortment	Bread assortment	Bread assortment	
Lunch	Main dish		Chicken risotto (GF, LF)	Baked coalfish fillet (GF, LF)	Homely meatball's soup (LF)	Turkey-noodle dish with vegetables (LF)
	Vegetarian (optional)		Risotto with mushrooms (GF,LF)	Bean patty (Vegan)	Cabbage soup (no meat) (GF, LF)	Vegetable wok (LF,GF)
	Side dish/ dessert		Roasted zucchini (GF, LF)	Steamed green peas (GF,LF)	-	Baked pumpkin (GF, LF)
			-	Potato puree (GF)	-	-
			-	Wholegrain rice (GF, LF)	Kama curd cream with berries	-
	Salads		-	Milk sauce	-	-
			Carrot, pumpkin, tomato, celery	Chinese cabbage, cucumber, corn, carrot	Carrot, tomato, broccoli, radish	Beetroot, sauerkraut, tomato, beans
			Salad dressings	Salad dressings	Salad dressings	Salad dressings
		Seeds mix	Seeds mix	Seeds mix	Seeds mix	
	Soup		Cream soup	Cream soup	Wholegrain rice (GF, LF)	Cream soup
Breads		Bread assortment	Bread assortment	Bread assortment	Bread assortment	
Drinks		Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	
Vegetable snacks		Plum and carrot snacks	Pear and tomato snacks	Orange and cabbage snacks	Apple and radish snacks	
Afternoon snack	Main dish		-	Minced meat ball	-	Croissant with ham and cheese
	Vegetarian		Chickpea - sweet potato casserole (GF,LF)	Cream sauce	Thai lentil soup	Croissant with tomato and cheese
	Side dish/ salad/snack		-	Boiled potatoes (GF, LF)	-	-
			-	-	-	-
			Kiwi snack	Carrot snack	Cucumber snack	Banana snack
	Drinks		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.

Menu 1 School Weekly Menu for 07 - 11 September 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	Strawberry row jam (Daily self made)	Jam	Strawberry row jam (Daily self made)
	Additives	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	Chickpea 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	Minced beef meat sauce	Hake fillet with dill and lemon juice (GF, LF)	Baked chicken meat (GF, LF)	Broccoli puree soup with turkey meat (GF)	Hotpot with pork (GF,LF)
	Vegetarian (optional)	Beans and vegetable stew (GF,LF)	Ratatouille (GF, LF)	Cauliflower and lentil pilaf (GF,LF)	Broccoli puree soup (GF)	Hot pot with chickpeas (GF,LF)
	Side dish/ dessert	Steamed green beans (GF, LF)	Steamed cauliflower with butter and fresh dill (GF, LF)	Steamed corn (GF, LF)	Roasted bread cubes	Steamed green peas (GF,LF)
		Boiled buckwheat (GF,LF)	Boiled potatoes (GF, LF)	Boiled pasta (LF)	-	-
		Cooked rice with vegetables (GF,LF)	Wholegrain rice (GF, LF)	Potato puree (GF)	Yogurt - strawberry jelly (GF)	-
		-	Cream sauce with herbs	Curry sauce	Berry sauce	-
	Salads	Cabbage, beetroot, onion, carrot	Turnip, onion, carrot, tomato	Beetroot, sauerkraut, tomato, beans	Cabbage, leek, beetroot, turnip	Chinese cabbage, cucumber, corn, carrot
		Salad dressings	Salad dressings	Salad dressings	Salad dressings	Salad dressings
		Seeds mix	Seeds mix	Seeds mix	Seeds mix	Seeds mix
	Soup	Cream soup	Cream soup	Cream soup	Wholegrain rice (GF, LF)	Cream soup
	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	Plum and cucumber snacks	Melon and carrot snacks	Pear and radish snacks
Afternoon snack	Main dish	Tarka dahl, lentil curry with chicken (GF,LF)	-	Beef - spinach stew (GF,LF)	Pork - vegetable stew with chickpeas	Asain style chicken wrap
	Vegetarian	Tarka dahl (lentil curry) (GF,LF)	Cous cous and carrot scone with Indian spices	Aloo Palak (Potato and spinach curry) (GF,LF)	Vegetable stew with chickpeas	Asian style wrap
	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	Bread assortment	-	

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Menu 1 School Weekly Menu for 14 - 18 September 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	Strawberry row jam (Daily self made)	Jam	Strawberry row jam (Daily self made)
		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 stroganoff	Couscous with turkey and chilli vegetables (LF)	Baked salmon (GF, LF)	Borsch with pork (GF; LF)	Pasta with ground beef meat (LF)
	Vegetarian (optional)	Mushroom-vegetable mish mash (GF,LF)	Couscous chilli vegetables (LF)	Vegetable - lentil goulash (GF,LF)	Vegetable borsch (GF; LF)	Pasta with vegetables (LF)
	Side dish/ dessert	Roasted turnip	Steamed cauliflower, carrot, green peas (GF, LF)	Steamed broccoli (GF, LF)	Sour cream (GF)	Steamed peas and corn (GF,LF)
		Boiled buckwheat (GF,LF)	-	Potato puree (GF)	-	-
		Tumeric rice (GF, LF)	-	Wholegrain rice (GF, LF)	Cocoa - yogurt dessert (GF)	-
		-	-	Cream sauce with herbs	Jam	Tomato sauce (LF)
	Salads	Chinese cabbage, cucumber, white radish, beetroot	Iceberg cabbage, carrot, withe radish, turnip	Cabbage, carrot, turnip, peas	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
		Soup	Cream soup	Cream soup	Cream soup	Wholegrain rice (GF, LF)
	Breads	Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment
	Drinks	Beverage assortment	Beverage assortment	Beverage assortment	-	Beverage assortment
	Vegetable snacks	Plum and cauliflower snacks	Pear and cucumber snacks	Apple and paprika snacks	Banana and carrot snacks	Apple and turnip snacks
Afternoon snack	Main dish	Minced meat lasagna	-	Pork curry with basil and ginger	-	Mini pizzas with chicken and pineapple
	Vegetarian	Vegetable lasagna	Dal Tarkari pea and vegetable soup (GF,LF)	Vegetable curry (GF,LF)	Carrot cutlet with sesame seeds (LF)	Cheese pizza
	Side dish/ salad/snack	-	-	Wholegrain rice (GF, LF)	-	-
		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	Bread assortment	-

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Menu 1 School Weekly Menu for 21 - 25 September 2020

Theme days: Stars on your plate

Saara Pius recipes

		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	Strawberry row jam (Daily self made)	Jam	Strawberry row jam (Daily self made)
		Butter	Butter	Butter	Butter	Butter
	Meal	-	-	Warm sandwich with ham and cheese	Curd scones (Sirniki)	-
	Vegetarian	-	Boiled egg	Warm sandwich with tomato and cheese	Sour cream	-
		Fresh cream cheese spread	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	Banana yoghurt (Daily self made)	Beverage assortment	Beverage assortment
	Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment	
Lunch	Main dish	Creamy turkey sauce	Baked rockfish fillet (GF,LF)	Stewed pork with mustard (GF,LF)	Ground beef and lentil soup (GF,LF)	Vegetable and chickpea curry with chicken (GF,LF)
	Vegetarian (optional)	Lentils with tomato and curry (GF,LF)	Cabbage-wild mushroom stew (GF,LF)	Baked vegetables with mustard and thyme (GF,LF)	Potato cream soup with mushrooms (GF)	Chickpeas and carrot curry (GF,LF)
	Side dish/ dessert	Steamed broccoli and green beans (GF, LF)	Roasted brussels sprouts (GF,LF)	Baked carrot (GF,LG)	-	Roasted celery (GF,LF)
		Boiled buckwheat (GF,LF)	Boiled bulgur (LF)	Potato puree (GF)	-	Wholegrain rice (GF, LF)
		Wholegrain rice (GF, LF)	Cooked rice with vegetables (GF,LF)	Boiled pasta (LF)	Berry jelly	Boiled potatoes (GF,LF)
		-	Cream sauce with dill	Mushroom sauce	Whipped cream with coconut	-
	Salads	Beetroot, turnip, leek, cranberries	Mixed salad leaves, beetroot, onion, white radish	Cabbage, carrot, turnip, peas	Carrot, broccoli, white radish, cabbage	White radish, cucumber, beetroot, corn
		Salad dressings	Salad dressings	Salad dressings	Salad dressings	Salad dressings
		Seeds mix	Seeds mix	Seeds mix	Seeds mix	Seeds mix
		Soup	Cream soup	Cream soup	Cream soup	Wholegrain rice (GF, LF)
	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 red cabbage snack	Apple and carrot snacks	Plum and white radish snacks	Watermelon and turnip snacks	Pear and salad leaves snacks	
Afternoon snack	Main dish	-	Minced meat pizza	-	Hungarian chicken stew (GF,LF)	-
	Vegetarian	Sweet and sour rice noodles with vegetables (GF, LF)	Cheese pizza	Vegetable paella (GF,LF)	Wholegrain pasta (LF)	Blackcurrant pastry
	Side dish/ salad/snack	-	-	-	-	-
		Orange 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	Bread assortment	-

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