

Menu 2 Nursery Weekly Menu for 28 September - 02 October 2020

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge	-	-	Porridge (lactose and lactose-free choice)	-	Porridge (lactose and lactose-free choice)
	Additives	-	-	Strawberry row jam (Daily self made)	-	Strawberry row jam (Daily self made)
	Meal	Pancake with ham and cheese	-	Sandwich with liver paste	Ham slices	-
	Vegetarian (optional)	Pancake with cheese	Warm curd bread	-	Fried egg	Sandwich with cheese
	Vegetable snack	Cucumber	Carrot snack	Tomato snack	Cabbage snack	White radish snack
	Drinks	Beverage assortment	Beverage assortment	Strawberry yoghurt (Daily self made)	Beverage assortment	Beverage assortment
	Breads	-	-	-	Bread assortment	-
	Lunch	Main dish	Pork goulash	Minced meat-vegetable stew (GF,LF)	Baked chicken thigh meat (GF, LF)	Green cream soup with turkey meat (GF)
Vegetarian (optional)		Zucchini and bean stew (GF,LF)	Ratatouille (GF,LF)	Carrot meatloaf	Vegetable pure soup	Noodle dish with seesam seeds (LF)
Side dish/ dessert		-	-	Milk sauce	Roasted bread cubes	-
		Boiled buckwheat (GF,LF)	Wholegrain rice (GF, LF)	Sweet potato puree (GF)	-	Boiled pasta (LF)
		-	-	-	Bread and cream dessert with berries	-
Salads		Steamed cauliflower (GF, LF)	Chinese cabbage	Beetroot	-	Baked pumpkin (GF, LF)
Breads		Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment
Drinks		Beverage assortment	Beverage assortment	Beverage assortment	-	Beverage assortment
Afternoon snack	Main dish	Vegetable supp with beef (GF; LF)	Chicken lasagna	-	Burrito with pork and vegetables	Croissant with ham and cheese
	Vegetarian (optional)	Vegetable supp (GF;LF)	Mushroom and pesto lasagna	Broccoli-cheese scone	Burrito with vegetables	Croissant with tomato and cheese
	Side dish/ salad/vegetable snack	-	-	Cold yogurt sauce with herbs (GF)	-	-
		-	-	-	-	-
		Pear snack	Kiwi snack	Carrot snack	Cucumber snack	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.

Menu 2 Nursery Weekly Menu for 05 - 09 October 2020

	Monday	Tuesday	Wednesday	Thursday	Friday		
Breakfast	Porridge	Porridge (lactose and lactose-free choice)	-	-	Porridge (lactose and lactose-free choice)		
	Additives	Strawberry row jam (Daily self made)	-	-	-	Strawberry row jam (Daily self made)	
		-	-	-	-	-	
	Meal	-	-	Warm sandwich with chicken and cheese	-	-	
	Vegetarian (optional)	Sandwich with fresh cream cheese spread	Scrambled eggs	Warm sandwich with vegetables and cheese	Curd cream with banana	Sandwich with tuna	
	Vegetable snack	Salad leaves	Kohlrabi snack	Cucumber snack	Carrot snack	White radish snack	
	Drinks	Beverage assortment	Beverage assortment	made)	Beverage assortment	Beverage assortment	
Breads	-	Bread assortment	-	Bread assortment	-		
Lunch	Main dish	Chilli con carne (GF,LF)	Baked coalfish fillet (GF,LF)	Baked pork meat (GF, LF)	Lentil soup with chicken meat (GF,LF)	Rice-curry-turkey superfood (GF,LF)	
	Vegetarian (optional)	Chilli sin carne (GF,LF)	Potatoe and cauliflower casserole (GF, LF)	Cauliflower and lentil pilaf (GF,LF)	Lentil soup (GF, LF)	Rice-curry superfood (GF,LF)	
	Side dish/ dessert	-	Cream sauce with herbs	Cream and mustard sauce	-	-	
		Wholegrain rice (GF, LF)	Herb roasted potatoes (GF,LF)	Boiled buckwheat (GF,LF)	-	-	
		-	-	-	Curd cream with berries (GF)	-	
	Salads	Carrot	Turnip	Corn	-	Tomato	
	Breads	Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment	
Drinks	Beverage assortment	Beverage assortment	Beverage assortment	-	Beverage assortment		
Afternoon snack	Main dish	Turkey and vegetable stew (GF,LF)	Creamy pork sauce	Quesadilla with chicken and cheese	Zucchini and bean stew with minced meat (GF,LF)	-	
	Vegetarian (optional)	Vegetable stew (GF,LF)	Tomato bulgur with vegetables (LF)	Quesadilla with cheese	Zucchini and bean stew (GF,LF)	Beetroot and chickpea cutlet (LF)	
	Side dish/ salad/vegetable snack	-	Boiled bulgur (LF)	-	-	Boiled potatoes (GF, LF)	Cold yogurt sauce with herbs (GF)
		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	-	

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 2 Nursery Weekly Menu for 12 - 16 October 2020

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge	-	-	Porridge (lactose and lactose-free choice)	-	Porridge (lactose and lactose-free choice)
	Additives	Row jam (Daily self made)	-	Strawberry row jam (Daily self made)	-	Strawberry row jam (Daily self made)
		Fresh cream cheese spread	-	-	-	-
	Meal	-	Omelette with herbs	Sandwich with meet	-	-
	Vegetarian (optional)	Pancake	-	-	Cottage cheese with sour cream	Sandwich with cheese spread
	Vegetable snack	Cauliflower snack	Tomato snack	Carrot snack	Cucumber	Paprika snack
	Drinks	Beverage assortment	Beverage assortment	Strawberry yoghurt (Daily self made)	Beverage assortment	Beverage assortment
	Breads	-	Bread assortment	-	Bread assortment	-
Lunch	Main dish	Chicken Tikka Masala	Noodles with turkey and vegetables (LF)	Fish meatloaf (LF)	Pumpkin cream soup with pork (GF; LF)	Cabbage stew with minced meat (GF,LF)
	Vegetarian (optional)	Vegetable - lentil goulash (GF,LF)	Vegetable casserole	Eggplant stew with vegetables (GF;LF)	Pumpkin cream soup	Cauliflower chickpea curry (GF,LF)
	Side dish/ dessert	-	-	Cream sauce with herbs	Roasted bread cubes	-
		Wholegrain rice (GF, LF)	-	Boiled buckwheat (GF,LF)	-	Boiled potatoes (GF, LF)
		-	-	-	Orange jelly	-
	Salads	-	-	-	Whipped cream	-
		Chinese cabbage	Carrot	Beetroot	-	Steamed yellow beans (GF,LF)
	Breads	Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment
Drinks	Beverage assortment	Beverage assortment	Beverage assortment	-	Beverage assortment	
Afternoon snack	Main dish	Turkey with beans and soy sauce (GF,LF)	Beetroot soup with pork and egg (GF,LF)	Hungarian chicken stew (GF,LF)	-	-
	Vegetarian (optional)	Hot pot with chickpeas (GF,LF)	Beetroot soup with egg (GF,LF)	Wholegrain pasta (LF)	Potato pancake	Apple pie
	Side dish/ salad/vegetable snack	Herb roasted potatoes (GF,LF)	Sour cream	-	Sour cream	-
		-	-	-	-	-
	Drinks	Beverage assortment	-	Beverage assortment	Beverage assortment	Beverage assortment
	Breads	Melon snack	Apple snack	Pear snack	Banana snack	Kiwi snack
		Bread assortment	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 2 Nursery Weekly Menu for 26 - 30 October 2020

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge	-	-	Porridge (lactose and lactose-free choice)	-	Porridge (lactose and lactose-free choice)
	Additives	-	-	Strawberry row jam (Daily self made)	-	Strawberry row jam (Daily self made)
		-	-	-	Butter	-
	Meal	Pancake with ham and cheese	-	Sandwich with liver paste	Ham slices	-
	Vegetarian (optional)	Pancake with cheese	Warm curd bread	-	Fried egg	Sandwich with cheese
	Vegetable snack	Cucumber	Carrot snack	Plum snack	Watermelon snack	White radish snack
	Drinks	Beverage assortment	Beverage assortment	Strawberry yoghurt (Daily self made)	Beverage assortment	Beverage assortment
Breads	-	-	-	Bread assortment	-	
Lunch	Main dish	Chicken sauce	Noodle wok with turkey meat (LF)	Meatloaf	Fish soup (GF,LF)	Pork pilau (GF, LF)
	Vegetarian (optional)	Pea and vegetable stew (GF,LF)	Vegetable noodle wok (LF)	Baced pumpkin with vegetables (GF, LF)	Carrot and apple puree soup (GF)	Vegetable pilau (GF,LF)
	Side dish/ dessert	-	-	Sour cream - horseradish sauce	Roasted bread cubes	-
		Boiled buckwheat (GF,LF)	-	Potato puree (GF)	Rice pudding	-
		-	-	-	Jam	-
		-	-	-	-	-
	Salads	Beetroot	Roasted brussels sprouts (GF,LF)	Turnip	-	Steamed green beans (GF, LF)
	Breads	Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment
Drinks	Beverage assortment	Beverage assortment	Beverage assortment	-	Beverage assortment	
Afternoon snack	Main dish	Borscht with beef meat (GF,LF)	Minced meat lasagna	Buckwheat-chicken vegetable stew (GF,LF)	Burrito with pork and vegetables	Croissant with ham and cheese
	Vegetarian (optional)	Beetroot pure soup with coconut milk (GF,LF)	Vegetable lasagna	Buckwheat-vegetable stew (GF,LF)	Burrito with vegetables	Croissant with tomato and cheese
	Side dish/ salad/vegetable snack	Sour cream	-	Cold yogurt sauce with herbs (GF)	-	-
		-	-	-	-	-
	Apple snack	Kiwi snack	Carrot snack	Cucumber snack	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.