

Menu 1 School Weekly Menu for 28 September - 02 October 2020 Theme days: Stars on your plate

	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)
		Butter	Butter	Butter	Butter	Butter
	Meal	Pancake with ham and cheese	-	-	-	-
	Vegetarian	Pankace with cheese	-	-	Fried egg	-
		-	Ham slices	Liver paste	Ham slices	Cheese slices
		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	Pork goulash	Minced meat-vegetable stew (GF,LF)	Baked chicken thigh meat (GF, LF)	Green cream soup with turkey meat (GF)	Maroccan fish stew (GF,LF)
	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	Steamed cauliflower (GF, LF)	Roasted beetroot (GF, LF)	Steamed broccoli and carrot mix (GF,LF)	Roasted bread cubes	Steamed green peas, corn (GF, LF)
		Boiled buckwheat (GF,LF)	Wholegrain rice (GF, LF)	Sweet potato puree (GF)	-	Boiled pasta (LF)
		Boiled pasta (LF)	Boiled potatoes (GF, LF)	Cooked pearl cous-cous (LF)	Bread and cream dessert with berries	Wholegrain rice (GF, LF)
		-	-	Milk sauce	-	-
	Salads	Carrot, pumpkin, tomato, celery	Chinese cabbage, cucumber, corn, carrot	Beetroot, carrot, leek, paprika	Carrot, tomato, broccoli, radish	Cabbage, beetroot, onion, 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	Apple and cucumber snacks	Kiwi and carrot snacks	Pear and tomato snacks	Orange and cabbage snacks	Apple and radish snacks	
Afternoon snack	Main dish	Vegetable supp with beef (GF; LF)	Chicken lasagna	-	Burrito with pork and vegetables	Croissant with ham and cheese
	Vegetarian	Vegetable supp (GF;LF)	Mushroom and pesto lasagna	Broccoli-cheese scone	Burrito with vegetables	Croissant with tomato and cheese
	Side dish/ salad/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 1 School Weekly Menu for 05 - 09 October 2020

Theme days: Stars on your plate

		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	Strawberry row jam (Daily self made)	Jam	Strawberry 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	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	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	Roasted turnip	Steamed green beans (GF, LF)	Steamed corn (GF, LF)	-	Roasted celery (GF,LF)
		Wholegrain rice (GF, LF)	Herb roasted potatoes (GF,LF)	Boiled buckwheat (GF,LF)	-	-
		Boiled buckwheat (GF,LF)	Boiled bulgur (LF)	Potato puree (GF)	Curd cream with berries (GF)	-
		-	Cream sauce with herbs	Cream and mustard sauce	-	-
	Salads	Iceberg cabbage, carrot, radish, peas	Turnip, onion, carrot, tomato	Beetroot, brocoli, radish, salad leaves mix	Cabbage, leek, beetroot, turnip	Beetroot, sauerkraut, tomato, beans
		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 salad leaves snacks	Apple and kohlrabi snacks	Plum and cucumber snacks	Melon and carrot snacks	Pear and radish snacks	
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	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/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	-	

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Menu 1 School Weekly Menu for 12 - 16 October 2020
Theme days: Stars on your plate

		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	Fresh cream cheese spread	Butter	Butter	Butter	Butter
	Meal	-	-	-	-	-
	Vegetarian	Pancake	Omelette with herbs	-	-	-
		-	Ham slices	Meat 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 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	Steamed corn (GF,LF)	Roasted zucchini (GF, LF)	Steamed green peas (GF, LF)	Roasted bread cubes	Steamed yellow beans (GF,LF)
		Wholegrain rice (GF, LF)	-	Boiled buckwheat (GF,LF)	-	Boiled potatoes (GF, LF)
		Cooked pearl cous-cous (LF)	-	Herb roasted potatoes (GF,LF)	Orange jelly	Wholegrain rice (GF, LF)
		-	-	Cream sauce with herbs	Whipped cream	-
	Salads	Chinese cabbage, cucumber, white radish, beetroot	Iceberg cabbage, carrot, white radish, turnip	Iceberg cabbage, beetroot, corn, leek	Mixed salad leaves, beetroot, carrot, paprika	Tomato, carrot, turnip, peas
		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
Vegetable snacks	Apple and cauliflower snacks	Pear and tomato snacks	Banana and carrot snacks	Kiwi and cucumber snacks	Apple and paprika snacks	
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	Hot pot with chickpeas (GF,LF)	Beetroot soup with egg (GF,LF)	Wholegrain pasta (LF)	Potato pancake	Apple pie
	Side dish/ salad/snack	Herb roasted potatoes (GF,LF)	Sour cream	-	Sour cream	-
		-	-	-	-	-
		Melon snack	Apple snack	Pear snack	Banana 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 26 - 30 October 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)
		Butter	Butter	Butter	Butter	Butter
	Meal	Pancake with ham and cheese	-	-	-	-
	Vegetarian	Pankace with cheese	-	-	Fried egg	-
		-	Ham slices	Liver paste	Ham slices	Cheese slices
		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 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	Roasted celery (GF,LF)	Roasted brussels sprouts (GF,LF)	Baked carrot (GF,LG)	Roasted bread cubes	Steamed green beans (GF, LF)
		Boiled buckwheat (GF,LF)	-	Potato puree (GF)	Rice pudding	-
		Boiled tumeric rice (LF)	-	Cooked pearl cous-cous (LF)	Jam	-
		-	-	Sour cream - horseradish sauce	-	-
	Salads	Beetroot, turnip, leek, cranberries	Carrot, broccoli, wite radish, cabagge	Carrot, cabbage, turnip, pea	Mixed salad leaves, beetroot, onion, white radish	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)	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 cucumber snacks	Apple and carrot snacks	Pear and radish snacks	Watermelon and turnip snacks	Pear and red cabbage snacks	
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	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/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	-	-	

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