

Menu 2 Nursery Weekly Menu for 30 November - 04 December 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)	Warm sandwich with vegetables and cheese	Scrambled eggs	Sandwich with fresh cream cheese spread	Curd cream with banana	Sandwich with tuna
	Vegetable snack	Turnip snack	Kohlrabi snack	Cucumber snack	Carrot snack	White radish snack
	Drinks	Beverage assortment	Beverage assortment	Berry yoghurt (Daily self made)	Beverage assortment	Beverage assortment
Breads	-	Bread assortment	-	Bread assortment	-	
Lunch	Main dish	Homely minced meat sauce	Maroccan fish stew (GF,LF)	Stewed chicken meat (GF,LF)	Sour cabbage borscht with pork (GF,LF)	Turkey pilau (GF,LF)
	Vegetarian (optional)	Hungarian lecsó stew (GF,LF)	Vegetable ragout (GF,LF)	Creamy lentil - vegetable curry (GF)	Beetroot soup with egg (GF,LF)	Vegetable pilau (GF,LF)
	Side dish/ dessert	-	-	Cream sauce with herbs	Sour cream, F 20 %	-
		Boiled buckwheat (GF,LF)	Boiled rice (GF,LF)	Potato puree (GF)	-	-
		-	-	-	Cocoa kissell (GF)	-
	Salads	White radish	Cucumber	Corn	-	Carrot
	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)	Quesadilla with chicken and cheese	Creamy pork sauce	Organic raw buckwheat-meet vegetable stew (GF,LF)	-
	Vegetarian (optional)	Vegetable stew (GF,LF)	Quesadilla with cheese	Tomato bulgur with vegetables (LF)	Organic raw buckwheat-vegetable stew (GF,LF)	Beetroot and chickpea cutlet (LF)
	Side dish/ salad/vegetable snack	-	-	Boiled bulgur (LF)	Cold yogurt sauce (GF)	Cold yogurt sauce with herbs (GF)
		-	-	-	-	-
	Apple snack	Apple snack	Mandarin snack	Pear snack	Steamed broccoli	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 07 - 11 December 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	Salad leaves snacks	Cucumber	Carrot snack	Paprika snack	
	Drinks	Beverage assortment	Beverage assortment	Strawberry yoghurt (Daily self made)	Beverage assortment	Beverage assortment	
Breads	-	Bread assortment	-	Bread assortment	-		
Lunch	Main dish	Stewed pork pieces (GF,LF)	Chicken stew (GF,LF)	Stewed turkey meat (GF,LF)	Fish rassolnik (LF)	Vegetable - buckwheat dish with minced meat (GF,LF)	
	Vegetarian (optional)	Vegetable - lentil goulash (GF,LF)	Vegetable casserole	Cauliflower chickpea curry (GF,LF)	Rassolnik (no meat) (LF)	Vegetable - buckwheat dish (GF,LF)	
	Side dish/ dessert	Tomato sauce (GF,LF)	-	-	Cream - mustard sauce	Sour cream, F 20 %	-
		Boiled pasta (LF)	Wholegrain rice (GF, LF)	Potato puree (GF)	-	-	Cold yogurt - cucumber sauce (GF)
		-	-	-	-	Christmas curd dessert	-
		-	-	-	-	-	-
	Salads	Chinese cabbage	Carrot	Beetroot	-	Steamed cauliflower (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)	-	Minced meat pizza	Chicken risotto (GF,LF)	-	
	Vegetarian (optional)	Hot pot with chickpeas (GF,LF)	Pumpkin puree soup (GF; LF)	Cheese pizza	Spinach risotto (GF,LF)	Beet and blue cheese tart	
	Side dish/ salad/vegetable snack	Herb roasted potatoes (GF,LF)	Roasted bread cubes	-	-	-	-
		-	-	-	-	-	-
	Mandarin snack	Pear snack	Orange snack	Banana snack	Apple 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 14 - 18 December 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)	-	Row jam (Daily self made)	
		-	-	-	-	-	
	Meal	Warm sandwich with ham and cheese	Sandwich with ham	-	Curd scones (Sirniki)	-	
	Vegetarian (optional)	Warm sandwich with tomato and cheese	Boiled egg	Sandwich with cheese	Sour cream	Sandwich with egg butter	
	Vegetable snack	Cucumber snack	Carrot snack	White radish snack	Turnip snack	Pumpkin snack	
	Drinks	Beverage assortment	Beverage assortment	Banana yoghurt (Daily self made)	Beverage assortment	Beverage assortment	
Breads	-	-	-	-	-		
Lunch	Main dish	Stewed chicken meat (GF,LF)	Turkey stew with vegetables (GF)	Salmon pasta	Homely solyanka (GF,LF)	Pork roast with sauce (LF)	
	Vegetarian (optional)	Lentils with tomato and curry (GF,LF)	Potato and cauliflower casserole	Pasta with vegetables (GF)	Soljanka (no meat) (GF,LF)	Vegetable curry with chickpeas	
	Side dish/ dessert	Cream sauce with herbs	-	-	-	Sour cream, F 20 %	-
		-	-	-	-	Cranberry mousse (LF)	-
		Cooked rice with vegetables (GF,LF)	Boiled bulgur (LF)	-	-	Milk, F 2,5%	Herb roasted potatoes (GF,LF)
		-	-	-	-	-	-
	Salads	Beetroot	Broccoli	Roasted carrot (GF, LF)	-	Stewed sauerkraut (GF;LF)	
	Breads	Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment	
Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment		
Afternoon snack	Main dish	Pork and mushroom sauce	-	Couscous with chicken and vegetables (LF)	Garlic turkey with oven roots (GF,LF)	-	
	Vegetarian (optional)	Roasted potatoes (GF,LF)	Broccoli-cheese scone	Couscous with vegetables (LF)	Baked vegetables (GF,LF)	Christmas cake	
	Side dish/ salad/vegetable snack	Chinese cabbage salad with cucumber	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	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.