

**Menu 2 Nursery Weekly Menu for 02 - 06 November 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	Cucumber snack	Carrot snack	Tomato snack	Orange 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	Turkey goulash	Minced meat sauce with vegetables	Baked rockfish fillet (GF,LF)	Pea soup with pork (GF,LF)
Vegetarian (optional)		Vegetable - lentil goulash (GF,LF)	Vegetable risotto (GF,LF)	Chickpea pilaf (GF,LF)	Pea soup (GF, LF)	Pasta with vegetables (LF)
Side dish/ dessert		-	-	Cream sauce with dill	-	-
		Boiled buckwheat (GF,LF)	Herb roasted potatoes (GF,LF)	Boiled rice (GF,LF)	-	-
		-	-	-	Panna cotta (GF)	-
Salads		Carrot	Chinese cabbage	Paprika	-	Beetroot
Breads		Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment
Drinks		Beverage assortment	Beverage assortment	Beverage assortment	-	Beverage assortment
Afternoon snack	Main dish	Sweet and sour Chinese cabbage with pork (GF,LF)	-	Wok with turkey (LF,GF)	Chicken and vegetable stew (GF,LF)	Minced meat pizza
	Vegetarian (optional)	Sweet and sour Chinese cabbage (GF,LF)	Potato - cottage cheese scone	Vegetable wok (LF,GF)	Curry vegetable stew (GF)	Cheese pizza
	Side dish/ salad/vegetable snack	Boiled rice (GF, LF)	Cold yogurt sauce with herbs (GF)	Boiled spaghetti (LF)	-	-
		-	-	-	-	-
	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](mailto: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 09 - 13 November 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	Pear snack	Kohlrabi snack	Cucumber	Carrot snack	Turnip snack
	Drinks	Beverage assortment	Beverage assortment	Strawberry yoghurt (Daily self made)	Beverage assortment	Beverage assortment
	Breads	-	Bread assortment	-	Bread assortment	-
Lunch	Main dish	Pork sauce with pickles	Mexican minced beef stew (LF)	Baked chicken meat with herbs (GF,LF)	Salmon soup (GF; LF)	Couscous with chicken and vegetables (LF)
	Vegetarian (optional)	Lecso stew (GF,LF)	Zucchini and bean stew (GF,LG)	Vegetable paella (GF;LF)	Potato soup with mushrooms (GF, LF)	Couscous with vegetables (LF)
	Side dish/ dessert	-	-	Cream sauce with herbs	-	-
		Boiled buckwheat (GF,LF)	Herb roasted potatoes (GF,LF)	Boiled rice (GF,LF)	-	-
		-	-	-	Bread pudding with berries	-
		-	-	-	-	-
	Salads	Iceberg 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	-	Vegetable puree soup with chicken (GF)	-	Warm turkey salad (GF,LF)	-
	Vegetarian (optional)	Chinese style fried rice	Vegetable supp (GF; LF)	Pancake with curd and berries	Vegetable stew (GF,LF)	Raspberry pastry
	Side dish/ salad/vegetable snack	-	-	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 2 Nursery Weekly Menu for 16 - 20 November 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	-	Sandwich with ham	Warm sanwich with ham and cheese	Curd scones (Sirniki)	-
	Vegetarian (optional)	Sandwich with cream cheese	Boiled egg	Warm sanwich with tomato and cheese	Sour cream	Sandwich with egg butter
	Vegetable snack	Paprika snack	Cucumber snack	Salad leaves snack	Carrot snack	Turnip snack
	Drinks	Beverage assortment	Beverage assortment	Banana yoghurt (Daily self made)	Beverage assortment	Beverage assortment
Breads	-	-	-	-	-	
Lunch	Main dish	Bolognese sauce (LF)	Turkey risotto (GF,LF)	Stewed pork pieces (GF,LF)	Chicken - vegetable soup (GF,LF)	Salmon pasta (LF)
	Vegetarian (optional)	Vegetable bolognese (LF)	Spinach risotto with vegetables (GF,LF)	Mushroom stew	Vegetable soup with beans (GF,LF)	Pumpkin pasta with nutmeg (LF)
	Side dish/ dessert	-	-	-	-	-
		-	-	-	-	-
		Boiled spaghetti (LF)	-	Potato puree (GF)	Cocoa curd ceam (GF)	-
		-	-	-	Jam	-
	Salads	White radish snack	Carrot	Turnip	-	Beetroot
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-vegetable stew (GF,LF)	Quesadilla with chicken and cheese	-	Minced meat and cheese tart	-
	Vegetarian (optional)	Hot pot with chickpeas (GF,LF)	Quesadilla with cheese	Risotto with mushrooms (GF,LF)	Vegetable and cheese tart	Pear pie
	Side dish/ salad/vegetable 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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## Menu 2 Nursery Weekly Menu for 23 - 27 November 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	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	Baked turkey meat (GF,LF)	Minced meat risotto (GF,LF)	Baked rockfish fillet (GF,LF)	Pea soup with pork (LF)	Chicken-noodle dish with vegetables (LF)	
	Vegetarian (optional)	Pea and vegetable stew (GF,LF)	Vegetable risotto (GF,LF)	Carrot meatloaf	Pea soup (no meat) (LF)	Noodle dish with seesam seeds (LF)	
	Side dish/ dessert	Curry sauce	-	-	Cream sauce with herbs	-	-
		Boiled buckwheat (GF,LF)	-	-	Boiled rice (GF,LF)	-	-
		-	-	-	-	Kama curd cream with berries	-
		-	-	-	-	-	-
	Salads	Carrot	Chinese cabbage	Steamed broccoli and carrot mix (GF, LF)	-	Beetroot	
	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	Zucchini and bean stew with minced meat (GF,LF)	Burrito with pork and vegetables	Croissant with ham and cheese	
	Vegetarian (optional)	Vegetable supp (GF; LF)	Mushroom and pesto lasagna	Zucchini and bean stew (GF,LF)	Burrito with vegetables	Croissant with tomato and cheese	
	Side dish/ salad/vegetable snack	-	-	-	-	-	
		Pear snack	Kiwi snack	Carrot	Cucumber	Banana snack	
	Drinks	-	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	
	Breads	Bread assortment	Bread assortment	Bread assortment	-	-	

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