

Menu 1 School 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)	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 sanwich with chicken and cheese	-	-	-	-
	Vegetarian	Warm sanwich with vegetables and cheese	Scrambled eggs	-	-	-
		-	Ham slices	Fresh cream cheese 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	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 lecso 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	Steamed green beans (GF,LF)	Roasted celery (GF,LF)	Steamed broccoli (GF)	Sour cream, F 20 %	Roasted turnip (GF,LF)
		Boiled buckwheat (GF,LF)	Boiled rice (GF,LF)	Potato puree (GF)	-	-
		Herb roasted potatoes (GF,LF)	Herb roasted potatoes (GF,LF)	Cooked pearl cous-cous (LF)	Cocoa kissell (GF)	-
		-	-	Cream sauce with herbs	Cranberry puree	-
	Salads	Iceberg cabbage, carrot, withe radish, pea	Cabbage, leek, beetroot, turnip	Beetroot, corn, white radish, mixed salad leaves	Turnip, onion, carrot, tomato	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 turnip snacks	Apple and kohlrabi snacks	Mandarin and cucumber snacks	Melon and carrot snacks	Pear and radish snacks	
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	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/snack	-	-	Boiled bulgur (LF)	Cold yogurt sauce (GF)	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 1 School 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)	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	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	Steamed broccoli (GF)	Stewed vegetables (GF,LF)	Steamed carrot, green peas (GF, LF)	Sour cream, F 20 %	Steamed cauliflower (GF,LF)
		Boiled pasta (LF)	Wholegrain rice (GF, LF)	Potato puree (GF)	-	Cold yogurt - cucumber sauce (GF)
		Boiled buckwheat (GF,LF)	Boiled potatoes (GF, LF)	Tumeric rice (GF,LF)	Christmas curd dessert	-
		Tomato sauce (GF,LF)	-	Cream - mustard sauce	-	-
	Salads	Chinese cabbage, cucumber, white radish, beetroot	Iceberg cabbage, carrot, white radish, turnip	Mixed salad leaves, beetroot, carrot, paprika	Iceberg cabbage, beetroot, corn, leek	Cabbage, carrot, turnip, pea
		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	Mandarin and cauliflower snacks	Pear and salad leaves snacks	Orange and cucumber snacks	Banana and carrot snacks	Apple and paprika snacks	
Afternoon snack	Main dish	Turkey with beans and soy sauce (GF,LF)	-	Minced meat pizza	Chicken risotto (GF,LF)	-
	Vegetarian	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/snack	Herb roasted potatoes (GF,LF)	Roasted bread cubes	-	-	-
		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	-

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Menu 1 School Weekly Menu for 14 - 18 December 2020

		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
		-	Butter	Butter	Butter
	Meal	Warm sandwich with ham and cheese	-	-	Curd scones (Sirniki)
	Vegetarian	Warm sandwich with tomato and cheese	Boiled egg	-	Sour cream
		-	Ham slices	Cheese slices	Ham slices
		Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices
		Beverage assortment	Beverage assortment	Banana yoghurt (Daily self made)	Beverage assortment
	Bread assortment	Bread assortment	Bread assortment	Bread assortment	
Lunch	Main dish	Stewed chicken meat (GF,LF)	Turkey stew with vegetables (GF)	Salmon pasta	Homely solyanka (GF,LF)
	Vegetarian (optional)	Lentils with tomato and curry (GF,LF)	Potato and cauliflower casserole	Pasta with vegetables (GF)	Soljanka (no meat) (GF,LF)
	Side dish/ dessert	Steamed broccoli and green beans (GF, LF)	Roasted brussels sprouts (GF,LF)	Roasted carrot (GF, LF)	Sour cream, F 20 %
		Cooked rice with vegetables (GF,LF)	Boiled bulgur (LF)	-	Cranberry mousse (LF)
		Herb roasted potatoes (GF,LF)	Boiled potatoes (GF, LF)	-	Milk, F 2,5%
		Cream sauce with herbs	-	-	-
	Salads	Beetroot, tomato, leek, cranberries	Carrot, broccoli, wite radish, cabagge	Cabagge, carrot, turnip, pea	Mixed salad leaves, beetroot, onion, white radish
		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)
	Breads	Bread assortment	Bread assortment	Bread assortment	Bread assortment
	Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment
	Vegetable snacks	Pear and cucumber snacks	Apple and carrot snacks	Mandarin and radish snacks	Watermelon and turnip snacks
Afternoon snack	Main dish	Pork and mushroom sauce	-	Couscous with chicken and vegetables (LF)	Garlic turkey with oven roots (GF,LF)
	Vegetarian	Roasted potatoes (GF,LF)	Broccoli-cheese scone	Couscous with vegetables (LF)	Baked vegetables (GF,LF)
	Side dish/ salad/snack	Chinese cabbage salad with cucumber	Cold yogurt sauce with herbs (GF)	-	-
		-	-	-	-
		Carrot and celery snack	Watermelon snack	Pear snack	Apple snack
	Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment
	Breads	Bread assortment	Bread assortment	Bread assortment	Bread assortment

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