

Menu 1 School 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)	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	-	Scrambled eggs	Warm sanwich 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	Turkey goulash	Minced meat sauce with vegetables	Baked rockfish fillet (GF,LF)	Pea soup with pork (GF,LF)	Noodles with cicken and vegetables (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	Steamed cauliflower (GF,LF)	Roasted beetroot with herbs (GF, LF)	Steamed broccoli and carrot mix (GF, LF)	-	Steamed peas, corn (GF,LF)
		Boiled buckwheat (GF,LF)	Herb roasted potatoes (GF,LF)	Boiled rice (GF,LF)	-	-
		Wholegrain pasta (LF)	Boiled buckwheat (GF,LF)	Boiled potatoes (GF, LF)	Panna cotta (GF)	-
		-	-	Cream sauce with dill	Berry sause (GF,LF)	-
	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	Mandarin and carrot snacks	Pear and tomato snacks	Orange and cabbage snacks	Apple and radish snacks
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	Sweet and sour Chinese cabbage (GF,LF)	Potato - cottage cheese scone	Vegetable wok (LF,GF)	Curry vegetable stew (GF)	Cheese pizza
	Side dish/ salad/snack	Boiled rice (GF, LF)	Cold yogurt sauce with herbs (GF)	Boiled spaghetti (LF)	-	-
		-	-	-	-	-
		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 09 - 13 November 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)
		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	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,LF)	Vegetable paella (GF;LF)	Potato soup with mushrooms (GF, LF)	Couscous with vegetables (LF)
	Side dish/ dessert	Steamed green beans (GF,LF)	Steamed green peas (GF, LF)	Roasted turnip (GF, LF)	-	Steamed broccoli (GF,LF)
		Boiled buckwheat (GF,LF)	Herb roasted potatoes (GF,LF)	Boiled rice (GF,LF)	-	-
		Cooked pasta (LF)	Boiled buckwheat (GF,LF)	Boiled potatoes (GF,LF)	Bread pudding with berries	-
	Salads	-	-	Cream sauce with herbs	-	-
		Iceberg cabbage, carrot, withe radish, peas	Turnip, onion, carrot, tomato	Beetroot, corn, radish, mixed salad mix	Cabbage, leek, beetroot, turnip	Beetroot, sauerkraut, tomato, steamed yellow 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
Vegetable snacks	Pear and cabbage snacks	Apple and kohlrabi snacks	Kiwi and cucumber snacks	Melon and carrot snacks	Pear and turnip snacks	
Afternoon snack	Main dish	-	Vegetable puree soup with chicken (GF)	-	Warm turkey salad (GF,LF)	-
	Vegetarian	Chinese style fried rice	Vegetable supp (GF; LF)	Pancake with curd and berries	Vegetable stew (GF,LF)	Raspberry pastry
	Side dish/ salad/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 1 School Weekly Menu for 16 - 20 November 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	Strawberry row jam (Daily self made)
		Butter	Butter	Butter	Butter	Butter
	Meal	-	-	Warm sanwich with ham and cheese	Curd scones (Sirniki)	-
	Vegetarian	-	Boiled egg	Warm sanwich with tomato and cheese	Sour cream	-
		Fresh cream cheese spread	Ham slices	-	Ham slices	Egg butter
		Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices	Tomato - cucumber slices
		Beverage assortment	Beverage assortment	Banana yoghurt (Daily self made)	Beverage assortment	Beverage assortment
		Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment
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	Steamed carrot and green peas (GF, LF)	Steamed broccoli (GF,LF)	Stewed sauerkraut (GF;LF)	-	Steamed green beans (GF,LF)
		Boiled spaghetti (LF)	-	Potato puree (GF)	-	-
		Boiled buckwheat (GF,LF)	-	Boiled buckwheat (GF,LF)	Cocoa curd ceam (GF)	-
		-	-	-	Jam	-
	Salads	Chinese cabbage, cucumber, white radish, beetroot	Iceberg cabbage, carrot, withe radish, turnip	Cabbage, carrot, turnip, pea	Iceberg cabbage, beetroot, corn, leek	Mixed salad leaves, beetroot, carrot, paprika
		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 paprika snack	Mandarin and cucumber snacks	Pear and salad leaves snacks	Banana and carrot snacks	Apple and turnip snacks	
Afternoon snack	Main dish	Pork-vegetable stew (GF,LF)	Quesadilla with chicken and cheese	-	Minced meat and cheese tart	-
	Vegetarian	Hot pot with chickpeas (GF,LF)	Quesadilla with cheese	Risotto with mushrooms (GF,LF)	Vegetable and cheese tart	Pear pie
	Side dish/ salad/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 1 School 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)	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	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	Steamed cauliflower (GF,LF)	Roasted beetroot with herbs (GF,LF)	Steamed broccoli and carrot mix (GF, LF)	-	Steamed peas, corn (GF,LF)
		Boiled buckwheat (GF,LF)	-	Boiled rice (GF,LF)	-	-
		Herb roasted potatoes (GF,LF)	-	Boiled potatoes (GF, LF)	Kama curd cream with berries	-
		Curry sauce	-	Cream sauce with herbs	-	-
	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	Mandarin 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	Zucchini and bean stew with minced meat (GF,LF)	Burrito with pork and vegetables	Croissant with ham and cheese
	Vegetarian	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/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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