

Menu 2 Nursery Weekly Menu for 04 - 08 January 2021

		Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Porridge	-	-	Porridge (lactose and lactose-free choice)	-	Porridge (lactose and lactose-free choice)	
		-	-	Row jam (Daily self made)	-	Row jam (Daily self made)	
	Additives	-	-	-	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 Snack	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	Turkey sauce	Pork risotto (GF,LF)	Hotpot with minced meat (GF,LF)	Vegetable soup with noodles and fish (LF)	Baked chicken thigh meat (GF,LF)	
	Vegetarian (optional)	Vegetable paella (GF,LF)	Bulgur with vegetables (LF)	Hot pot with chickpeas (GF,LF)	Potato cream soup with mushrooms (GF)	Potato and rice casserole with red lentils (GF,LF)	
	Side dish/ dessert	-	-	-	-	-	Cream sauce with herbs
		Boiled buckwheat (GF,LF)	-	-	-	-	Tumeric rice (GF, LF)
		-	-	-	-	Apple bread pudding	-
		-	-	-	-	Milk	-
	Salads	Carrot	Chinese cabbage	Steamed peas (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	Borsch with pork (GF; LF)	-	Beef - spinach stew (GF,LF)	Burrito with chicken and vegetables	Croissant with ham and cheese	
	Vegetarian (optional)	Borsch (no meat) (GF; LF)	Lasagne with spinach and ricotta	Aloo Palak (Potato and spinach curry) (GF,LF)	Burrito with vegetables	Croissant with tomato and cheese	
	Side dish/ salad/snack	Sour cream	-	-	-	-	-
		-	-	-	-	-	-
		Apple snack	Mandarin snack	Pear snack	Orange 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 2 Nursery Weekly Menu for 11 - 15 January 2021

		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 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	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 pork sauce	Chicken and mushroom stew	Salmon fillet pieces (GF, LF)	Pumpkin puree soup with turkey(GF)	Pasta with minced meat (LF)
	Vegetarian (optional)	Creamy lentil - vegetable curry (GF)	Mushroom stew	Beans and vegetable stew (GF;LF)	Pumpkin puree soup (GF)	Pasta with vegetables (LF)
	Side dish/ dessert	-	-	Cream sauce with herbs	Roasted bread cubes	Tomato sauce (LF)
		Boiled buckwheat (GF,LF)	Boiled rice (GF, LF)	Potato puree (GF)	-	-
		-	-	-	Curd cheese cream (GF)	-
	Salads	White radish	Tomato	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	Garlic turkey with oven roots (GF,LF)	-	Pork and bulgur stew (LF)	Quesadilla with chicken and cheese	-
	Vegetarian (optional)	Baked vegetables	Baked pumpkin with lentils and lemon (GF,LF)	Bulgur with vegetables (LF)	Quesadilla with cheese	Burger with bean cutlet
	Side dish/ salad/snack	-	-	-	-	-
		Pear snack	Apple snack	Mandarin snack	Melon snack	Kiwi 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 18 - 22 January 2021

		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)	-	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	Paprika snack	Carrot snack	Cucumber snack
	Drinks	Beverage assortment	Beverage assortment	Strawberry yoghurt (Daily self made)	Beverage assortment	Beverage assortment
	Breads	-	Bread assortment	-	Bread assortment	-
Lunch	Main dish	Chicken risotto (GF, LF)	Minced meat and vegetable casserole	Stewed pork pieces in frying pan sauce (GF,LF)	Fish solyanka (GF;LF)	Turkey sauce with herbs
	Vegetarian (optional)	Spinach risotto with vegetables (GF)	Vegetable stew (GF, LF)	Pea and vegetable stew (GF,LF)	Tomato puree soup with basil (GF,LF)	Chickpeas and carrot curry (GF;LF)
	Side dish/ dessert	-	-	-	Sour cream	-
		-	-	Potato puree (GF)	-	Cooked pearl cous-cous (LF)
		-	-	-	Fruit salad (GF,LF)	-
		-	-	-	Whipped cream (GF)	-
	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	Sweet and sour chinese cabbage with pork (GF,LF)	-	Minced meat pizza	Chicken meat pilaf (GF,LF)	-
	Vegetarian (optional)	Sweet and sour chinese cabbage (GF,LF)	Vegetable puree soup (GF)	Cheese pizza	Vegetable paella (GF,LF)	Beet and blue cheese tart
	Side dish/ salad/snack	Herb roasted potatoes (GF,LF)	Roasted bread cubes	-	-	-
		-	-	-	-	-
	Mandarin snack	Pear snack	Apple snack	Banana snack	Kiwi snack	
	Drinks	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 25 - 29 January 2021

	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 sandwich with ham and cheese	Curd scones (Sirniki)	-
	Vegetarian (optional)	Sandwich with cheese	Boiled egg	Warm sandwich with tomato and cheese	Sour cream	Sandwich with egg butter
	snack	White radish snack	Pumpkin snack	Cucumber snack	Turnip snack	Carrot snack
	Drinks	Beverage assortment	Beverage assortment	Banana yoghurt (Daily self made)	Beverage assortment	Beverage assortment
	Breads	-	-	-	-	-
	Lunch	Main dish	Stewed turkey meat (GF,LF)	Minced meat sauce	Tuna lasagna	Chicken - vegetable soup with cheese (GF)
Vegetarian (optional)		Lentils with tomato and curry (GF,LF)	Bean pilaf (GF;LF)	Vegetable lasagna	Vegetable soup with cheese (GF)	Vegetable wok (LF,GF)
Side dish/ dessert		Cream sauce	-	-	-	-
		-	-	-	Cocoa - yogurt dessert	-
Salads		Boiled rice (GF, LF)	Boiled buckwheat (GF,LF)	-	Jam	Wholegrain rice (GF, LF)
		Carrot	Steamed green peas (GF,LF)	Beetroot	-	Steamed broccoli (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	Shredded meat wrap	-	Couscous with chicken and vegetables (LF)	-	-
	Vegetarian (optional)	Wrap with eggplant and cheese	Carrot cutlet with sesame seeds	Couscous with vegetables (LF)	Sweet and sour rice noodles with vegetables (GF, LF)	Blackcurrant pastry
	Side dish/ salad/snack	-	Cold yogurt sauce with herbs (GF)	-	-	-
		-	-	-	-	-
	Mandarin snack	Pear snack	Apple snack	Watermelon snack	Melon snack	
	Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment
Breads	-	-	Bread assortment	Bread assortment	-	

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