

Menu 1 School 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)	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	Row jam (Daily self made)	Jam	Row jam (Daily self made)
		Butter	Butter	Butter	Butter	Butter
	Meal	Pancake with ham and cheese	-	-	-	-
	Vegetarian	Pancake 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	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)
		Cream soup	Cream soup	Cream soup	-	Cream soup
	Side dish/ dessert	Steamed broccoli and cauliflower (GF,LF)	Roasted beetroot with herbs (GF,LF)	Steamed peas (GF,LF)	-	Steamed peas, corn (GF,LF)
		Boiled buckwheat (GF,LF)	-	-	-	Tumeric rice (GF, LF)
		Boiled potatoes (GF, LF)	-	-	Apple bread pudding	Roasted potatoes (GF,LF)
		-	-	-	Milk	Cream sauce with herbs
	Salads	Beetroot, carrot, leek, paprika	Carrot, pumpkin, tomato, sellery	Chinese cabbage, cucumber, corn, carrot	Carrot, tomato, broccoli, radish	Beetroot, sauerkraut, tomato, beans
		Salad dressings	Salad dressings	Salad dressings	Salad dressings	Salad dressings
		Seeds mix	Seeds mix	Seeds mix	Seeds mix	Seeds mix
	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	Borsch with pork (GF; LF)	-	Beef - spinach stew (GF,LF)	Burrito with chicken and vegetables	Croissant with ham and cheese
	Vegetarian	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	-	-	-	-
		-	-	-	-	-
		Pear snack	Kiwi snack	Carrot	Cucumber	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 1 School 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)	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	Row jam (Daily self made)	Jam	Row jam (Daily self made)
		Butter	Butter	Butter	Butter	-
	Meal	-	-	Warm sandwich with chicken and cheese	-	-
	Vegetarian	-	Scrambled eggs	Warm sandwich with vegetables and cheese	-	-
		Fresh cream cheese spread	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 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; LF)	Pasta with vegetables (LF)
		Cream soup	Cream soup	Cream soup	-	Cream soup
	Side dish/ dessert	Steamed green beans (GF,LF)	Steamed cauliflower with butter and fresh dill (GF)	Steamed broccoli (GF, LF)	Roasted bread cubes	Roasted turnip (GF,LF)
		Boiled buckwheat (GF,LF)	Boiled rice (GF, LF)	Potato puree (GF)	-	-
		Boiled potatoes (GF, LF)	Herb roasted potatoes (GF,LF)	Cooked rice with vegetables (GF;LF)	Curd cheese cream (GF)	-
		-	-	Cream sauce with herbs	-	Tomato sauce (LF)
	Salads	Iceberg cabbage, carrot, withe radish, pea	Turnip, onion, carrot, tomato	Beetroot, corn, white radish, mixed salad leaves	Cabbage, leek, beetroot, turnip	Cabbage, beetroot, onion, carrot
		Salad dressings	Salad dressings	Salad dressings	Salad dressings	Salad dressings
		Seeds mix	Seeds mix	Seeds mix	Seeds mix	Seeds mix
	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	Garlic turkey with oven roots (GF,LF)	-	Pork and bulgur stew (LF)	Quesadilla with chicken and cheese	-
	Vegetarian	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	-	-	-	-	-
		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	-	-

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Menu 1 School 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)	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	Row jam (Daily self made)	Jam	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	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)
		Cream soup	Cream soup	Cream soup	-	Cream soup
	Side dish/ dessert	Steamed broccoli (GF)	Steamed carrot, green peas (GF, LF)	Steamed corn, green peas (GF, LF)	Sour cream	Steamed cauliflower (GF,LF)
		-	-	Potato puree (GF)	-	Cooked pearl cous-cous (LF)
		-	-	Boiled buckwheat (GF,LF)	Fruit salad (GF,LF)	Boiled potatoes (GF, LF)
		-	-	-	Whipped cream (GF)	-
	Salads	Chinese cabbage, cucumber, white radish, beetroot	Iceberg cabbage, carrot, white radish, turnip	Cabbage, carrot, turnip, green beans	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
		Breads	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	Apple and paprika snacks	Banana and carrot snacks	Orange and cucumber snacks
		-	-	-	-	-
Afternoon snack	Main dish	Sweet and sour chinese cabbage with pork (GF,LF)	-	Minced meat pizza	Chicken meat pilaf (GF,LF)	-
	Vegetarian	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	-	-	-
		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 25 - 29 January 2021

	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	Row jam (Daily self made)	Jam		
	Meal	-	Butter	Butter	Butter	Butter	
	Vegetarian	-	-	Warm sanwich with ham and cheese	Curd scones (Sirniki)	-	
		Cheese slices	Boiled egg	Warm sanwich with tomato and cheese	Sour cream	-	
		-	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	Stewed turkey meat (GF,LF)	Minced meat sauce	Tuna lasagna	Chicken - vegetable soup with cheese (GF)	Wok with pork (LF,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)	
		Cream soup	Cream soup	Cream soup	-	Cream soup	
	Side dish/ dessert		Roasted carrot (GF,LF)	Steamed green peas (GF,LF)	Steamed broccoli and green beans (GF, LF)	-	Roasted brussels sprouts (GF,LF)
			Boiled rice (GF, LF)	Boiled buckwheat (GF,LF)	-	-	Wholegrain rice (GF, LF)
			Boiled potatoes (GF, LF)	Potato puree (GF)	-	Cocoa - yogurt dessert	Boiled spaghetti (LF)
			Cream sauce	-	-	Jam	-
	Salads		Carrot, cabbage, turnip, pea	White radish, cucumber, beetroot, corn	Beetroot, turnip, leek, cranberries	Mixed salad leaves, beetroot, onion, white radish	Carrot, broccoli, wite radish, cabagge
			Salad dressings	Salad dressings	Salad dressings	Salad dressings	Salad dressings
			Seeds mix	Seeds mix	Seeds mix	Seeds mix	Seeds mix
	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 radish snacks	Pear and pumpkin snacks	Apple and cucumber snacks	Watermelon and turnip snacks	Apple and carrot snacks	
	-	-	-	-	-		
Afternoon snack	Main dish	Shredded meat wrap	-	Couscous with chicken and vegetables (LF)	-	-	
	Vegetarian	Wrap with eggplant and cheese	Carrot cutlet with sesame seeds (GF)	Couscous with vegetables (LF)	Sweet and sour rice noodles with vegetables (GF, LF)	Blackcurrant pastry	
	Side dish/ salad/snack		-	-	-	-	
			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	-	

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