

Menu 2 Nursery weekly Menu for 03-07.05.2021

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge	-	-	Porridge (lactose and lactose-free choice)	-	Porridge (lactose and lactose-free choice)
		-	-	Strawberry row jam (Daily self made)	-	Strawberry 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	Cauliflower snack	Carrot snack	Apple snack	Melon snack	White radish snack
	Drinks	Beverage assortment	Beverage assortment	Strawberry yoghurt (Daily self made)	Beverage assortment	Beverage assortment
Breads		-	-	Bread assortment	-	
Lunch	Main dish	Stewed chicken meat (GF,LF)	Over-baked hake fillet with tomato and cheese (GF)	Beef meatloaf with vegetables (LF)	Fresh cabbage soup with pork (GF,LF)	Turkey meat pilaf (GF,LF)
	Vegetarian (optional)	Lentils and vegetable curry (GF,LF)	Baked pumpkin with vegetables (GF,LF)	Rice-curry superfood (GF,LF)	Fresh cabbage soup (no meat) (GF,LF)	Bean pilaf (GF,LF)
	Side dish/ dessert	Cream sauce with herbs	Cream sauce	Milk sauce	-	-
		Boiled buckwheat (GF,LF)	Boiled potatoes (GF, LF)	Boiled pasta (LF)	-	-
		-	-	-	Caramel kissell (GF)	-
		-	-	-	Row jam (Daily self made)	-
	Salads	Carrot	Chinese cabbage	Beetroot	-	Corn
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)	-	-	Minced meat lasagna	Wrap with chicken
	Vegetarian (optional)	Vegetable borsch (GF; LF)	Tomato bulgur with vegetables (LF)	Potato pancake	Lasagne with spinach and ricotta	Wrap with humus
	Side dish/ salad/vegetable snack	Sour cream (GF)	-	Sour cream	-	-
		-	-	-	-	-
		Pear snack	Kiwi snack	Cucumber	Tomato snack	Banana snack
	Drinks	-	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 2 Nursery weely menu for 10-14.05.2021

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge	-	-	Porridge (lactose and lactose-free choice)	-	Porridge (lactose and lactose-free choice)
		-	-	Strawberry row jam (Daily self made)	-	Strawberry row jam (Daily self made)
	Additives	-	-	-	-	-
	Meal	Warm sanwich with chicken and cheese	-	-	-	-
	Vegetarian (optional)	Warm sanwich with vegetables and cheese	Scrambled eggs	Sandwich with fresh cream cheese spread	Curd cream with banana	Sandwich with tuna
	Vegetable snack	Cucumber snack	Kohlrabi snack	Turnip snack	Melon snack	Red cabbage snack
	Drinks	Beverage assortment	Beverage assortment	made)	Beverage assortment	Beverage assortment
Breads	-	Bread assortment	-	Bread assortment	-	
Lunch	Main dish	Homely pork meat sauce	Turkey meet and vegetable stew (GF,LF)	Salmon with seesame seeds (GF,LF)	Beetroot soup with meet balls (LF)	Vegetable and chickpea curry with chicken (GF,LF)
	Vegetarian (optional)	Zucchini and bean stew (GF,LG)	Vegetable risotto (GF,LF)	Lentils with tomato and curry (GF,LF)	Beetroot soup with egg (GF,LF)	Vegetable curry with chickpeas (GF,LF)
	Side dish/ dessert	-	Cream sauce	Cream sauce with herbs	Sour cream, F 20 %	-
		Boiled buckwheat (GF,LF)	Wholegrain rice (GF, LF)	Boiled potatoes (GF, LF)	-	Wholegrain rice (GF, LF)
		-	-	-	Pumpkin and apple cream with bread	-
	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	-	Quesadilla with chicken and cheese	-	Pork curry with basil and ginger	Croissant with ham and cheese
	Vegetarian (optional)	Chickpea - sweet potato casserole (GF,LF)	Quesadilla with cheese	Sweet and sour rice noodles with vegetables (GF, LF)	Vegetable curry (GF,LF)	Croissant with tomato and cheese
	Side dish/ salad/vegetable snack	-	-	-	Boiled bulgur (LF)	-
		Orange snack	Banana snack	Apple 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 2 Nursery weekly Menu for 17-21.05.2021

		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)	-	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	Cauliflower snack	Banana snack	Tomato snack	Carrot snack	Paprika snacks
	Drinks	Beverage assortment	Beverage assortment	Strawberry yoghurt (Daily self made)	Beverage assortment	Beverage assortment
	Breads	-	Bread assortment	-	Bread assortment	-
Lunch	Main dish	Bologna sauce (LF)	Homemade chicken nuggets	Steewed turkey (LF,GF)	Fish soup with vegetables (GF,LF)	Pork french style
	Vegetarian (optional)	Vegetable bolognese (GF,LF)	Potato- cottage cheese casserole	Mushroom stew	Potato and leek cream soup (GF)	Cauliflower gratin
	Side dish/ dessert	-	-	-	-	Bernaise sauce
		Boiled spaghetti (LF)	Potato puree (GF)	Turmeric rice (GF, LF)	-	Oven baked potatoes (GF, LF)
		-	-	-	Cocoa-curd cheese cream	-
		-	-	-	Jam	-
	Salads	Chinese cabbage	Baked pumpkin (GF,LF)	Turnip	-	Mixed salad leaves
	Breads	Bread assortment	Bread assortment	Bread assortment	Bread assortment	Bread assortment
Drinks	Beverage assortment	Beverage assortment	Beverage assortment	-	Beverage assortment	
Afternoon snack	Main dish	Coconut and chicken soup with noodles (LF)	-	Pizza with hum and cheece	-	Quiche with chicken
	Vegetarian (optional)	Vegetable puree soup with coconut and curry	Falafel GF,LF)	Cheese pizza	Pasta with vegetables (LF)	Quiche with vegetables
	Side dish/ salad/vegetable snack	Roasted bread cubes	Cold yogurt sauce with herbs (GF)	-	-	-
		-	-	-	-	-
		Melon snack	Carrot snack	Greip snacks	Apple snack	Kiwi snack
	Drinks	-	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment
Breads	Bread assortment	-	-	Bread assortment	-	

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Menu 2 Nursery weekly Menu for 24-28.05.2021

		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 ham and cheese	Sandwich with ham	-	Curd scones (Sirniki)	-
	Vegetarian (optional)	Warm sandwich with tomato and cheese	Boiled egg	Sandwich with cheese	Sour cream	Sandwich with egg butter
	Vegetable snack	Pear snack	Carrot snack	White radish snack	Turnip snack	Mixed salad leaves
	Drinks	Beverage assortment	Beverage assortment	made)	Beverage assortment	Beverage assortment
	Breads	-	-	-	-	-
Lunch	Main dish	Stewed chicken meat (GF,LF)	Pasta with ground meat (LF)	Crispy fish fillet stick	Vegetable and lentil soup with ground beef meat	Couscous with chicken and vegetables (LF)
	Vegetarian (optional)	Bean and pumpkin stew with corn (GF,LF)	Vegetable lasagne	Zucchini stew (GF,LF)	Curry potato and lentils soup (GF,LF)	Couscous with vegetables (LF)
	Side dish/ dessert	Curry sauce	Tomato sauce (GF,LF)	Cream sauce with herbs	-	-
		-	-	-	Rhubarb mousse (LF)	-
		Boiled buckwheat (GF,LF)	-	Potato puree (GF)	Milk, F 2,5%	-
	Salads	Beetroot	Mixed salad leaves	Steamed peas (GF,LF)	-	Cucumber
	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	Rice with vegetables and turkey (GF,LF)	-	Buckwheat-meet vegetable stew (GF,LF)	Wok with chicken (LF)	Burrito with pork and vegetables
	Vegetarian (optional)	Vegetable-rice dish with turmeric (GF,LF)	Beetroot and chickpea cutlet (GF,LF)	Buckwheat-vegetable stew (GF,LF)	Vegetable wok (LF,GF)	Burrito with vegetables
	Side dish/ salad/vegetable snack	-	Cold yogurt sauce with herbs (GF)	Cold yogurt sauce with herbs (GF)	Boiled spaghetti (LF)	-
		-	-	-	-	-
	Tomato 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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