

Menu 1 School 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)	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	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	Steamed carrot, peas (GF,LF)	Roasted beetroot with herbs (GF,LF)	Steamed broccoli (GF, LF)	-	Baked pumpkin(GF,LF)
		Boiled buckwheat (GF,LF)	Boiled potatoes (GF, LF)	Boiled pasta (LF)	-	-
		Herb roasted potatoes (GF,LF)	Boiled rice (GF,LF)	Boiled green lentils (GF, LF)	Caramel kissell (GF)	-
		Cream sauce with herbs	Cream sauce	Milk sauce	Row jam (Daily self made)	-
	Salads	Beetroot, carrot, leek, paprika	Carrot, tomato, broccoli, radish	Beetroot, sauerkraut, tomato, beans	Carrot, pumpkin, tomato, celery	Chinese cabbage, cucumber, corn, 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	Pear and cauliflower snacks	Orange and cabbage snacks	Pear and pumpkin snacks	Melon and carrot snacks	Apple and radish snacks	
Afternoon snack	Main dish	Borsch with pork (GF; LF)	-	-	Minced meat lasagna	Wrap with chicken
	Vegetarian	Vegetable borsch (GF; LF)	Tomato bulgur with vegetables (LF)	Potato pancake	Lasagne with spinach and ricotta	Wrap with humus
	Side dish/ salad/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 1 School weekly 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)	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 sandwich with chicken and cheese	-	-	-	-
	Vegetarian	Warm sandwich 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 pork meat sauce	Turkey meat and vegetable stew (GF,LF)	Salmon with sesame seeds (GF,LF)	Beetroot soup with meat 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	Roasted beetroot with herbs (GF,LF)	Steamed peas (GF,LF)	Roasted turnip (GF,LF)	Sour cream, F 20 %	Steamed cauliflower (GF)
		Boiled buckwheat (GF,LF)	Wholegrain rice (GF, LF)	Boiled potatoes (GF, LF)	-	Wholegrain rice (GF, LF)
		Herb roasted potatoes (GF,LF)	Boiled potatoes (GF, LF)	Cooked pearl cous-cous (GF)	Pumpkin and apple cream with bread	Boiled potatoes (GF, LF)
		-	Cream sauce	Cream sauce with herbs	-	-
	Salads	Iceberg cabbage, carrot, with radish, pea	Turnip, onion, carrot, tomato	Beetroot, corn, white radish, mixed salad leaves	Cabbage, leek, beetroot, turnip	Carrot, onion, cabbage, beetroot
		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	Ōun and cucumber snacks	Orange and kohlrabi snacks	Pear and turnip snacks	Kiwi and carrot snacks	Pear and red cabbage snacks	
Afternoon snack	Main dish	-	Quesadilla with chicken and cheese	-	Pork curry with basil and ginger	Croissant with ham and cheese
	Vegetarian	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/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 1 School 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)	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	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	Steamed yellow beans (GF,LF)	Baked pumpkin (GF,LF)	Steamed broccoli (GF, LF)	-	French beans (GF,LF)
		Boiled spaghetti (LF)	Potato puree (GF)	Turmeric rice (GF, LF)	-	Oven baked potatoes (GF, LF)
		Boiled buckwheat (GF,LF)	Cooked pearl cous-cous (GF)	Herb roasted potatoes (GF,LF)	Cocoa-curd cheese cream	Boiled bulgur (LF)
		-	-	-	Jam	Bernaise sauce
	Salads	Chinese cabbage, cucumber, carrot, beetroot	Iceberg cabbage, carrot, with radish, turnip	Carrot, celery, turnip, peas	Iceberg cabbage, beetroot, corn, leek	Mixed salad leaves, radish, carrot, cucumber
		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)	Creamy artichoke 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 cauliflower snacks	Banana and cabbage snacks	Pear and tomato snacks	Orange and carrot snacks	Apple and paprika snacks	
Afternoon snack	Main dish	Coconut and chicken soup with noodles (LF)	-	Pizza with hum and cheece	-	Quiche with chicken
	Vegetarian	Vegetable puree soup with coconut and curry	Falafel GF,LF)	Cheese pizza	Pasta with vegetables (LF)	Quiche with vegetables
	Side dish/ salad/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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We have joined the European School Milk and Fruit Programme. Marking: GL-gluten free; LF-lactose free.

Menu 1 School weekly menu for 24-28.05.2021

		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)	
		Row jam (Daily self made)	Jam	Jam	Strawberry row jam (Daily self made)	
	Additives	-	Butter	Butter	Butter	
	Meal	Warm sanwich with ham and cheese	-	-	Curd scones (Sirniki)	-
	Vegetarian	Warm sanwich with tomato and cheese	Boiled egg	-	Sour cream	-
		-	Ham slices	Cheese 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 chicken meat (GF,LF)	Pasta with ground meat (LF)	Crispy fish fillet stick	Vegetable and lentil soup with ground beef meat (GF,LF)	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	Roasted brussels sprouts (GF,LF)	Steamed green beans (GF,LF)	Roasted carrot (GF, LF)	-	Roasted celery (GF,LF)
		Boiled buckwheat (GF,LF)	-	Potato puree (GF)	Rhubarb mousse (LF)	-
		Herb roasted potatoes (GF,LF)	-	Boiled bulgur (LF)	Milk, F 2,5%	-
		Curry sauce	Tomato sauce (GF,LF)	Cream sauce with herbs	-	-
	Salads	Beetroot, tomato, leek, cranberries	Mixed salad leaves, beetroot, onion, white radish	Cabagge, carrot, turnip, pea	Carrot, broccoli, wite radish, cabagge	White radish, cucumber, beetroot, corn
		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 cucumber snacks	Kiwi and carrot snacks	Apple and radish snacks	Melon and turnip snacks	Pear and mixed salad leaves snacks
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	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/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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