

Menu 2 Nursery Weekly Menu for 31 May - 04 June 2021

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge	-	-	Porridge (lactose and lactose-free choice)	-	Porridge (lactose and lactose-free choice)
		-	-	Raw jam (Daily self made)	-	Raw 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	Tomato snack	Apple snack	Orange snack	White radish snack
	Drinks	Beverage assortment	Beverage assortment	Strawberry yoghurt (Daily self made)	Beverage assortment	Beverage assortment
Breads	-	-	-	Bread assortment	-	
Lunch	Main dish	Pork sauce	Chicken risotto (GF, LF)	Baked coalfish fillet (GF, LF)	Cabbage soup with turkey meat (GF, LF)	"Makaronilaatikko"
	Vegetarian (optional)	Peas and vegetable stew (GF,LF)	Risotto with mushrooms (GF,LF)	Bean patty (Vegan)	Cabbage soup (no meat) (GF, LF)	"Makaronilaatikko" (no meat)
	Side dish/ dessert	-	-	Milk sauce	-	-
		Boiled pearl cous cous	-	Potato puree (GF)	-	-
		-	-	-	Kama curd cream with berries	-
	Salads	Steamed broccoli and cauliflower (GF, LF)	Carrot	Chinese cabbage	-	Baked pumpkin (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	-	-	Minced meat ball	-	Croissant with ham and cheese
	Vegetarian (optional)	Thai lentil soup	Chickpea - sweet potato casserole (GF,LF)	Cream sauce	Sweet and sour rice noodles with vegetables (GF, LF)	Croissant with tomato and cheese
	Side dish/ salad/vegetable snack	-	-	Boiled potatoes (GF, LF)	-	-
		Pear snack	Melon snack	Carrot snack	Cucumber 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 Weekly Menu for 07 - 11 June 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Porridge	Porridge (lactose and lactose-free choice)	-	-	Porridge (lactose and lactose-free choice)	
	Additives	Raw jam (Daily self made)	-	-	-	Raw 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	Minced beef meat sauce	Hake fillet with dill and lemon juice (GF, LF)	Baked chicken meat (GF, LF)	Broccoli puree soup with turkey meat (GF)	Hotpot with pork (GF,LF)
	Vegetarian (optional)	Beans and vegetable stew (GF,LF)	Ratatouille (GF, LF)	Cauliflower and lentil pilaf (GF,LF)	Broccoli puree soup (GF)	Hot pot with chickpeas (GF,LF)
	Side dish/ dessert	-	Cream sauce with herbs	Curry sauce	Roasted bread cubes	-
		Boiled buckwheat (GF,LF)	Boiled potatoes (GF, LF)	Boiled pasta (LF)	-	-
		-	-	-	Yogurt - strawberry jelly (GF)	-
	Salads	Beetroot	Carrot	Corn	-	Steamed green peas (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	Tarka dahl, lentil curry with chicken (GF,LF)	-	Beef - spinach stew (GF,LF)	Pork - vegetable stew with chickpeas	Asian style chicken wrap
	Vegetarian (optional)	Tarka dahl (lentil curry) (GF,LF)	Cous cous and carrot scone with Indian spices	Aloo Palak (Potato and spinach curry) (GF,LF)	Vegetable stew with chickpeas	Asian style wrap
	Side dish/ salad/vegetable snack	-	-	-	-	-
		Watermelon snack	Banana snack	Pear snack	Tomato snack	Orange snack
	Drinks	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment	Beverage assortment
	Breads	Bread assortment	Bread assortment	Bread assortment	Bread assortment	-

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Menu 2 Nursery Weekly Menu for 14 - 18 June 2021

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge	-	-	Porridge (lactose and lactose-free choice)	-	Porridge (lactose and lactose-free choice)
	Additives	Raw jam (Daily self made)	-	Raw jam (Daily self made)	-	Raw jam (Daily self made)
		spread	-	-	-	-
	Meal	-	Omelette with herbs	Sandwich with meet	-	
	Vegetarian (optional)	Pancake	-	-	Cottage cheese with sour cream	Sandwich with cheese spread
	Vegetable snack	Cauliflower snack	Pear snack	Paprika snack	Carrot snack	Cucumber
	Drinks	Beverage assortment	Beverage assortment	Yoghurt (Daily self made)	Beverage assortment	Beverage assortment
	Breads	-	Bread assortment	-	Bread assortment	-
Lunch	Main dish	Chicken stroganoff	Couscous with turkey and chilli vegetables (LF)	Baked salmon (GF, LF)	Borsch with pork (GF; LF)	Pasta with ground beef meat (LF)
	Vegetarian (optional)	Mushroom-vegetable mish mash (GF,LF)	Couscous chilli vegetables (LF)	Vegetable - lentil goulash (GF,LF)	Vegetable borsch (GF; LF)	Pasta with vegetables (LF)
	Side dish/ dessert	-	-	Cream sauce with herbs	Sour cream (GF)	Tomato sauce (LF)
		Boiled buckwheat (GF,LF)	-	Potato puree (GF)	-	-
		-	-	-	Cocoa - yogurt dessert (GF)	-
		-	-	-	Jam	-
	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	-	Pork curry with basil and ginger	Minced meat lasagna	-	Mini pizzas with chicken and pineapple
	Vegetarian (optional)	Dal Tarkari pea and vegetable soup (GF,LF)	Vegetable curry (GF,LF)	Vegetable lasagna	Carrot cutlet with sesame seeds (LF)	Cheese pizza
	Side dish/ salad/vegetable snack	-	Wholegrain rice (GF, LF)	-	-	-
		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	Bread assortment	-

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