

**Menu 1 School 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)	Porridge (lactose and lactose-free choice)	Porridge (lactose and lactose-free choice)	Porridge (lactose and lactose-free choice)
	Additives	Raw jam (Daily self made)	Jam	Raw jam (Daily self made)	Jam	Raw 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	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	Steamed broccoli and cauliflower (GF, LF)	Roasted zucchini (GF, LF)	Steamed green peas (GF,LF)	-	Baked pumpkin (GF, LF)
		Boiled parl cous cous	-	Potato puree (GF)	-	-
		Boiled buckwheat (GF,LF)	-	Wholegrain rice (GF, LF)	Kama curd cream with berries	-
		-	-	Milk sauce	-	-
	Salads	Beetroot, carrot, leek, paprika	Carrot, pumpkin, tomato, celery	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
	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	Apple and cucumber snacks	Kiwi and carrot snacks	Pear and tomato snacks	Orange and paprika snacks	Apple and radish snacks	
Afternoon snack	Main dish	-	-	Minced meat ball	-	Croissant with ham and cheese
	Vegetarian	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/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](mailto: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 07 - 11 June 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	Raw jam (Daily self made)	Jam	Raw jam (Daily self made)	Jam	Raw 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	Chickpea 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	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	Steamed green beans (GF, LF)	Steamed cauliflower with butter and fresh dill (GF, LF)	Steamed corn (GF, LF)	Roasted bread cubes	Steamed green peas (GF,LF)
		Boiled buckwheat (GF,LF)	Boiled potatoes (GF, LF)	Boiled pasta (LF)	-	-
		Cooked rice with vegetables (GF,LF)	Wholegrain rice (GF, LF)	Potato puree (GF)	Yogurt - strawberry jelly (GF)	-
		-	Cream sauce with herbs	Curry sauce	Berry sauce	-
	Salads	Cabbage, beetroot, onion, carrot	Turnip, onion, carrot, tomato	Beetroot, sauerkraut, tomato, beans	Cabbage, leek, beetroot, turnip	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 turnip snacks	Apple and kohlrabi snacks	Kiwi and cucumber snacks	Melon and carrot snacks	Pear and radish snacks
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	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/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 1 School 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)	Porridge (lactose and lactose-free choice)	Porridge (lactose and lactose-free choice)	Porridge (lactose and lactose-free choice)
		Raw jam (Daily self made)	Jam	Raw jam (Daily self made)	Jam	Raw jam (Daily self made)
	Additives	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	Yoghurt (Daily self made)	Beverage assortment	Beverage assortment
	Bread assortment	Bread assortment	Bread assortment	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	Roasted turnip	Steamed cauliflower, carrot, green peas (GF, LF)	Steamed broccoli (GF, LF)	Sour cream (GF)	Steamed peas and corn (GF,LF)
		Boiled buckwheat (GF,LF)	-	Potato puree (GF)	-	-
		Turmeric rice (GF, LF)	-	Wholegrain rice (GF, LF)	Cocoa - yogurt dessert (GF)	-
		-	-	Cream sauce with herbs	Jam	Tomato sauce (LF)
	Salads	Chinese cabbage, cucumber, white radish, beetroot	Iceberg cabbage, carrot, white radish, turnip	Cabbage, carrot, turnip, peas	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
	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	
Vegetable snacks	Apple and cauliflower snacks	Pear and cucumber snacks	Apple and paprika snacks	Banana and carrot snacks	Apple and turnip snacks	
Afternoon snack	Main dish	-	Pork curry with basil and ginger	Minced meat lasagna	-	Mini pizzas with chicken and pineapple
	Vegetarian	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/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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