

WEEK 1 - MENU

M

B:Oat porridge / Milk and water.

L: Full grain Bolognese pasta with parsnip and carrot salad. Banana for dessert.

S:Sausage roll / Cocoa drink and water.

T

B:Rye porridge / Tea and water.

L: Chicken with chickpea stew and full grain rice. Full grain bread on the side. Grapes for dessert.

S:Banana bread / Tea and water.

W

B:Corn and pumpkin porridge / Milk and water.

L: Leek and potato puree soup with croutons and black bread. Rhubarb cake and apples for dessert.

S:Sandwiches and Yogurt Smoothie.

TH

B:Multigrain porridge with seeds / Milk and water.

L: Swedish meatballs with sauce and roasted potatoes. Beetroot garlic salad and watermelon.

S: Buckwheat crepes with honey and cinnamon. Milk/water.

F

B:Millet porridge / Tea and water.

L: Fish soup with Black bread and sour cream on the side. Carrot cake and pears for dessert.

S: Homemade crunchy granola with seeds. Yogurt/water.

PLEASE NOTE THE FOLLOWING:

JAM WE MAKE OURSELVES, WITHOUT PRESERVATIVES
COCOA DRINK, TEA, COMPOTE, MORS CONTAIN ONLY MINIMAL AMOUNTS OF SUGAR CANE

INTERNATIONAL KINDERGARTEN MENU PRINCIPLES:

ALL THE MEALS ARE MADE IN THE LOCAL KITCHEN.
FRUITS AND VEGETABLES ARE SERVED EVERY DAY.
MEALS CONTAINING FISH ARE SERVED AT LEAST ONCE A WEEK.
ONCE A WEEK IS A MEAT-FREE DAY (WEDNESDAY).
OUR KINDERGARTEN DOES NOT HAVE A FULLY AND ONLY VEGETARIAN BASED MENU. WE DO
OUR BEST TO FIND ALTERNATIVES FOR OUR VEGETARIAN CHILDREN, SUCH AS WE
NATURALLY DON'T SERVE MEAT TO THEM, REPLACE MILK CONTAINING MENU WITH WATER
OR PLANT-BASED MILK, ETC.
CHICKEN OR TURKEY IS PREFERRED AND MEAT IS SERVED NO MORE THAN 2 TIMES A WEEK.
WE ARE FLEXIBLE AND ALWAYS FIND ALTERNATIVES FOR OUR ALLERGIC CHILDREN.
PASTA MEALS ARE SERVED NO MORE THAN ONCE A WEEK. WE USE ONLY DURUM PASTA.
2-3 DAYS A WEEK IS A SOUP DAY WHICH IS SERVED WITH DESERT AND 2-3 DAYS MAIN
COURSE.
MEALS CONTAIN FRESH INGREDIENTS AND MAY CONTAIN LIMITED AMOUNTS OF SUGARS
AND SALT, NO OTHER SPICE/FLAVORING IS ADDED.
OUR MAIN GOAL IS TO REPLACE UNNECESSARY AND UNHEALTHY REFINED SUGAR AND
FLOUR WITH HEALTHIER OPTIONS, REDUCING SUGAR CONTENT OVERALL IN THE FOOD.
ALL MEALS MEET THE NEEDS OF NATIONAL INSTITUTE FOR HEALTH DEVELOPMENT (TAI.ÉE),
VETERINARY AND FOOD BOARD (VET.AGRI.EE) AND SCHOOL FOOD REGALEMENT OF
MINISTRY OF SOCIAL AFFAIRS ([HTTPS://WWW.RIIGITEATAJA.EE/AKT/13360799](https://www.riigiteataja.ee/akt/13360799)).

WEEK 2 - MENU

M

B: Barley porridge / Milk and water.

L: Meatball soup with black bread on the side. Bananas and carrot cake for dessert.

S: Mini quiche with vegetables. Cocoa drink/water.

T

B: Rye porridge / Milk and water.

L: Chicken sauce with roasted potatoes. Carrot and apple salad on the side. Kiwi for dessert.

S: Whole wheat pancakes. Milk/water.

W

B: Multi grain porridge / Tea and water.

L: Vegetable puree soup with beans. Croutons, seeds & full grain bread on the side. Rhubarb cake & grapes.

S: Wraps with cheese, carrot and hummus. Tea/water.

TH

B: Oat porridge with seeds / Milk and water.

L: Panko covered baked fish with rice. Purple cabbage & carrot salad. Apples for dessert.

S: Curd cream with kama.

F

B: Corn porridge / Tea and water.

L: Full grain pasta Carbonara. Cucumber & parsnip salad. Pears on the side.

S: Homemade crunchy granola with fruits. Yogurt/water.

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CHICKEN OR TURKEY IS PREFERRED AND MEAT IS SERVED NO MORE THAN 2 TIMES A WEEK.

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WEEK 3 - MENU

M

B:Rice porridge / Tea and water.

L: Yogurt marinated chicken with rice. Watermelon for dessert.

S:Buckwheat crepes with honey and cinnamon / Milk and water.

T

B:Rye porridge / Milk and water.

L: Full grain pasta with vegetarian creamy pumpkin sauce. Beetroot salad. Apples for dessert.

S:Blueberry muffins / Tea and water.

W

B:Oat porridge / Milk and water.

L: Pumpkin puree soup. Croutons, seeds and black bread on the side. Watermelon /Bread pudding with apples and cinnamon.

S:Sandwiches / Cocoa drink and water.

TH

B:Multigrain porridge / Tea and water.

L: Fish soup with sour cream and black bread on the side. Cinnamon rolls and banana for dessert.

S:Mini quiche with vegetables / Milk and water.

F

B:Barley porridge / Milk and water.

L: Minced meat sauce with buckwheat. Cabbage and carrot salad. Pears for dessert.

S:Homemade crunchy granola / Yogurt and water.

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WEEK 4 - MENU

M

B:Oat porridge / Milk and water.

L: Chicken soup with sour cream and black bread on the side. Chocolate muffins with banana for dessert.

S:Mini quiche with vegetables / Milk and water.

T

B:Multigrain porridge / Tea and water.

L: Swedish meatballs with sauce and buckwheat. Beetroot and carrot salad. Grapes for dessert.

S:Full grain pancakes / Tea and water.

W

B:Rye porridge / Tea and water.

L: Vegetable puree soup with peas. Croutons, seeds, and black bread on the side. Grapes for dessert.

S:Full grain pancakes / Tea and water.

TH

B:Barley porridge / Milk and water.

L: Oven baked fish with herbs and rice. Cucumber and cabbage salad. Watermelon for dessert.

S:Wraps / Banana smoothie and water.

F

B:Pumpkin and corn porridge / Milk and water.

L:Full grain pasta Bolognese. Oranges for dessert.

S:Homemade crunchy granola. / Yogurt and water.

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