

1st week menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wheat grain porridge Raisins/ plums Brown bread Fruit/vegetable mix  Milk/water	Rice porridge Mashed berries/butter Bread with cheese Fruit/vegetable mix  Cocoa drink**/water	Four-grain porridge Berries/butter bread Fruit/vegetable mix  Milk/water	Buckwheat porridge Butter Black bread Fruit/vegetable mix  Milk/water	Oatmeal porridge with linseed, bread Jam*/butter Fruit/vegetable mix  Tea /water
Lunch	Borsch with pork Sour cream  Layered curd dessert with strawberry Brown bread with seeds Water/tea  Apple snack	Homemade cutlet Mashed potatoes Joghurt gravy with cucumber  Orange-carrot salad with pumpkin seeds Water/kefir  Grapes snack	Pureed vegetable soup Sunflower seeds  Blueberry muffin  Black bread Water  Apple snack	Oven baked fish with dill Boiled rice Yoghurt-herb dip  Peas, beet and carrot salad Black bread Water/tea  Pear snack	Carrot-pork goulash Boiled full-grain pasta  Carrot-apple salad  Black bread Water  Banana snack
Evening Snack	Potato casserole with broccoli Brown bread Kefir	Kefir-berries smoothie Bread with chickpea spread  Water	Cornflakes/ Muesli with nuts  Milk/water	Omlette with herbs Bread with seeds Cabbage slices Water	Syrniki Jam/ sourcream  Tea/Water

2nd week menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Millet-pumpkin porridge Jam*/butter Bread Fruit/vegetable mix  Milk/water	Rice porridge with mix of dried fruits Berries/butter Bread with butter Fruit/vegetable mix  Water/tea	Oatmeal with banana Jam*/butter Black bread Fruit/vegetable mix  Milk/water	Multi grain porridge with linseeds Jam*/butter Brown bread Fruit/vegetable mix  Milk/water	Polenta with cinnamon Berries/butter Brown bread with butter Fruit/vegetable mix  Cocoa drink**/water
Lunch	Cabbage soup with beef  Curd cream with banana and berries Black bread with seeds  Apple snack Water	Meatballs in tomato sauce Boiled potatoes  Carrot-apple salad Black bread  Pear snack Water	Lentil vegetable soup with sunflower seeds  Apple pie Black bread  Grapes snack Water	Fish soup  Strawberry jelly Curd and banana dessert Black bread  Banana snack Water	Chicken gravy with rice  Beet-apple salad with sunflower seeds  Orange snack Water
Evening Snack	Colourful omlette Bread Kefir	Pasta with vegetables  Tea/water	Kefir-raspberry smoothie with oatflakes Bread with processed cheese Water	Vegetable caserrole Cabbage-carrot salad Black Bread Kefir	Pancakes Jam  Tea/water

### 3rd week menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wheat grain porridge with linseeds Jam*/butter Bread Fruit/vegetable mix  Milk/Water	Polenta with linseeds Banana slices/butter Brown bread  Fruit/vegetable mix  Milk/Water	Four grain porridge Mashed berries butter/cinnamon Brown bread with butter Fruit/vegetable mix  Milk/Water	Buckwheat porridge Butter Bread with cucumber Fruit/vegetable mix  Cocoa drink**/water	Oatmeal Berries/butter Black bread Fruit/vegetable mix  Milk/water
Lunch	Chicken-noodle soup  Oven baked apples with cinnamon Black bread Water  Orange snack	Chili con carne with cabbage Buckwheat  Carrot salad with sunflower seeds Black bread Water  Grape snack	Beet soup (meat free)  Apple pie  Black bread with seeds Water  Banana snack	Fish cutlet Mashed potatoes and swede Joghurt-herbs gravy  Cucumber  Oven baked pears with honey Water  Pear snack	Pilaf with chicken and vegetables Tomato slices  Black bread Seasoned water/kefir  Apple snack
Evening Snack	Banana-kefir smoothie Bread with chickpea spread  Milk/water	Syrniki Jam/ sourcream  Water/tea	Potato casserole with broccoli Carrot salad with sunflower seeds Kefir	Colourful omlette Bread  Kefir	Kama balls/ cornflakes Chopped nuts  Milk/kefir/water

#### 4th week menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rye flakes porridge Jam*/butter Brown bread Fruit/vegetable mix  Water/cocoa drink**	Rice porridge with linseed Mashed berries/butter Bread with cucumber Fruit/vegetable mix  Tea**/water	Wheat grain porridge with linseeds and dried plums Black bread with seeds Fruit/vegetable mix  Milk/water	Multi grain porridge with linseeds, banana slices Jam*/butter, Bread Fruit/vegetable mix  Milk/water	Millet grain porridge with pumpkin, Berries Full grain bread Fruit/vegetable mix  Milk/water
Lunch	Meatball soup  Curd with banana  Black bread Water Grapes snack	Chicken sauce with beans Boiled potatoe Carrot- orange salad with pumpkin seeds  Water Apple snack	Broccoli-cauliflower soup Black bread  Jogurt-curd dessert  Water Pear snack	Fish soup Black bread Oven baked apples with cinnamon  Water Orange snack	Minced meat sauce with vegetables Boiled full grain pasta Tomatoe Black bread Seasoned water/kefir Apple snack
Evening Snack	Kefir- berries smoothie Bread with chickpea spread and cucumber  Water	Curd pastry Strawberry compote  Tea**/water	Pasta with cheese Cucumber  Milk/water	Jogurt- banana smoothie Bread with cheese  Milk/water	Crepes Berries, sourcream  Milk/water

\* Jam we make ourselves,without preservatives

\*\* Cocoa drink, tea, compote, mors contain only minimal amount of cane sugar

### International Kindergarten Menu principles:

- All the meals are made in 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 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 alternative 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 amount 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, reduce sugar content overall in the food.
- All meals meet the needs of National Institute for Health Development (tai.ee), Veterinary and Food Board (vet.agri.ee) and school food regalement of Ministry of Social Affairs (<https://www.riigiteataja.ee/akt/13360799>).