LANA TALLINN INTERNATIONAL KINDERGARTEN

LANA Tallinn International Kindergarten
Väike-Ameerika 39/2, 10129 Tallinn
E-mail: office@lanaeducation.com | lanaeducation.com

Weekly Menu – Week 1

Breakfast • Lunch • Snack

Day	Breakfast	Lunch	Snack
Monday	Oat Porridge / Jam / Bread / Milk	Meatballs with Pasta / Red Sauce / Fresh Salad / Bread / Seasonal Fruit **V:** Falafel in Red Sauce with Pasta	Banana, Strawberry, and Chia Seeds Dessert / Milk / Seasonal Fruit
Tuesday	Omelette / Bread / Milk	Cheese Purée Soup / Croutons / Pastry / Seasonal Fruit	Cottage Cheese Casserole / Milk / Seasonal Fruit
Wednesday	Multigrain Porridge / Jam / Bread / Milk	Fish and Rice / Cold Sauce / Fresh Salad / Bread / Seasonal Fruit **V:** Vegetarian Fish and Rice	Carrot Muffins / Milk / Seasonal Fruit
Thursday	Semolina Porridge / Jam / Bread / Milk	Chicken Noodle Soup / Pastry / Seasonal Fruit **V:** Vegetarian Noodle Soup	Chicken Hot Sandwich / Cucumber / Milk **V:** Soy Chicken / Cheese Sandwich
Friday	Rice Porridge / Jam / Bread / Milk	Minced Meat Béchamel Sauce / Baked Potatoes / Fresh Salad / Bread / Seasonal Fruit **V:** Vegetarian Nuggets / Baked Potatoes	Tortilla Rolls / Milk / Seasonal Fruit

Please Note

- The menu is subject to change depending on ingredient availability and other practical circumstances.
- Vegetarian and other dietary alternatives are provided whenever possible, based on individual needs.
- Desserts contain little or no added sugar and are sweetened mainly with fruit and other naturally sweet ingredients.
- Fresh fruits and vegetables are served with every lunch and snack.

LANA TALLINN INTERNATIONAL KINDERGARTEN

LANA Tallinn International Kindergarten
Väike-Ameerika 39/2, 10129 Tallinn
E-mail: office@lanaeducation.com | lanaeducation.com

Weekly Menu – Week 2

Breakfast • Lunch • Snack

Day	Breakfast	Lunch	Snack
Monday	Oat Porridge / Jam / Bread / Milk	Chicken Pasta and Cheese Bake / Fresh Salad / Bread / Seasonal Fruit **V:** Soy Meat Fillet Baked with Pasta and Cheese	Forest Berries and Chia Seeds Dessert / Milk / Seasonal Fruit
Tuesday	Egg Sandwich / Milk	Pumpkin Purée Soup / Pastry / Seasonal Fruit	Lemon Loaf Cake / Milk / Seasonal Fruit
Wednesday	Chicken Hot Sandwich / Cucumber / Milk **V:** Soy Chicken / Cheese Sandwich	Chicken Patties and Rice / Fresh Salad / Cold Sauce / Bread / Seasonal Fruit **V:** Vegetarian Patties with Rice	Apple Pie / Milk / Seasonal Fruit
Thursday	Millet Porridge / Jam / Bread / Milk	Fish Soup / Pastry / Seasonal Fruit **V:** Vegetarian Lentil Soup	Crunchy Granola / Jam / Milk / Seasonal Fruit
Friday	Rice Porridge / Jam / Bread / Milk	Turkey Goulash and Couscous / Fresh Salad / Bread / Seasonal Fruit **V:** Vegetarian Burger with Couscous	Shortbread Cookies / Milk / Seasonal Fruit

Please Note

- The menu is subject to change depending on ingredient availability and other practical circumstances.
- Vegetarian and other dietary alternatives are provided whenever possible, based on individual needs.
- Desserts contain little or no added sugar and are sweetened mainly with fruit and other naturally sweet ingredients.
- Fresh fruits and vegetables are served with every lunch and snack.

LANA Tallinn International Kindergarten
Väike-Ameerika 39/2, 10129 Tallinn
E-mail: office@lanaeducation.com | lanaeducation.com

Weekly Menu – Week 3

Breakfast • Lunch • Snack

Day	Breakfast	Lunch	Snack
Monday	Oat Porridge / Jam / Bread / Milk	Chicken Pilaf / Fresh Salad / Cold Sauce / Bread / Seasonal Fruit **V:** Soy Chicken Pilaf	Cheese Sandwich / Milk / Seasonal Fruit
Tuesday	Omelette / Bread / Milk	Sweet Potato Purée Soup / Pastry / Seasonal Fruit	Whipped Cream with Cottage Cheese / Waffles / Strawberry Sauce / Milk / Seasonal Fruit
Wednesday	Multigrain Porridge / Jam / Bread / Milk	Breaded Fish and Bulgur / Lemon Sauce / Fresh Salad / Bread / Seasonal Fruit **V:** Soy Fish with Bulgur	Carrot Cake / Milk / Seasonal Fruit
Thursday	Semolina Porridge / Jam / Bread / Milk	Meatball Soup / Pastry / Seasonal Fruit **V:** Vegetarian “Meatball” Soup	Rice Pudding / Jam / Milk / Seasonal Fruit
Friday	Rice Porridge / Jam / Bread / Milk	Chicken Chili Con Carne and Baked Potatoes / Fresh Salad / Bread / Seasonal Fruit **V:** Vegetarian Chili Con Carne with Baked Potatoes	Cottage Cheese and Banana Dessert / Milk / Seasonal Fruit

Please Note

- The menu is subject to change depending on ingredient availability and other practical circumstances.
- Vegetarian and other dietary alternatives are provided whenever possible, based on individual needs.
- Desserts contain little or no added sugar and are sweetened mainly with fruit and other naturally sweet ingredients.
- Fresh fruits and vegetables are served with every lunch and snack.

LANA TALLINN INTERNATIONAL KINDERGARTEN

LANA Tallinn International Kindergarten
Väike-Ameerika 39/2, 10129 Tallinn
E-mail: office@lanaeducation.com | lanaeducation.com

Weekly Menu – Week 4

Breakfast • Lunch • Snack

Day	Breakfast	Lunch	Snack
Monday	Oat Porridge / Jam / Bread / Milk	Chicken Stroganoff and Rice / Fresh Salad / Bread / Seasonal Fruit **V:** Vegan Cordon Bleu with Rice	Blueberry Muffins / Milk / Seasonal Fruit
Tuesday	Egg Sandwich / Milk	Broccoli Purée Soup / Bread Crumbs / Pastry / Seasonal Fruit	Cottage Cheese Chocolate Dessert / Milk / Seasonal Fruit
Wednesday	Chicken Hot Sandwich / Cucumber / Milk **V:** Soy Chicken / Cheese Sandwich	Cauliflower, Chicken, and Cheese Béchamel Sauce / Lentils / Fresh Salad / Bread / Seasonal Fruit **V:** Cauliflower and Cheese with Béchamel Sauce and Pasta	Cheesecake with Strawberry Coulis / Milk / Seasonal Fruit
Thursday	Millet Porridge / Jam / Bread / Milk	Fish Soup / Pastry / Seasonal Fruit **V:** Vegetarian Fish Soup	Banana and Strawberry Smoothie / Milk / Seasonal Fruit
Friday	Rice Porridge / Jam / Bread / Milk	Meat Patties and Mashed Potatoes / Fresh Salad / Bread / Seasonal Fruit **V:** Vegetarian Patties with Mashed Potatoes	Banana Bread / Milk / Seasonal Fruit

Please Note

- The menu is subject to change depending on ingredient availability and other practical circumstances.
- Vegetarian and other dietary alternatives are provided whenever possible, based on individual needs.
- Desserts contain little or no added sugar and are sweetened mainly with fruit and other naturally sweet ingredients.
- Fresh fruits and vegetables are served with every lunch and snack.