

## School Lunch Weekly Menu for 03.12-07.12.2018

### European School

<b>Monday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Turkey fillet (GF, LF) / sweet-sour sauce (GF, LF)	80/50				
Steamed cauliflower, rice, cous cous	150				
Green salad, beetroot, tomato, beans	100				
Salad dressings	10				
Choice of Beverage	150				
Dairy products: 2.5% milk and 2.5% kephir	up to 250				
Choice of Bread	60				
Apple and paprika snacks	150				
Kokku		687.14	24.76	21.69	99.86

Breakfast: Porridge/ yogurt with muesli/ rye bread sandwich with cheese					
Vegetarian: Beans in tomato sauce (GF, LF)	150	154.50	6.15	0.75	26.40
Afternoon snack: Omelette, salad, bread, beverage	100/100/50/150				

<b>Tuesday - Indian food day!</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Chicken Curry (GF)	130				
Steamed vegetables, potatoes, rice	150				
Carrot, pineapple, tomato, cranberris, leek	100				
Salad dressings	2				
Choice of Beverage	150				
Dairy products: 2.5% milk and 2.5% kephir	up to 250				
Choice of Bread	50				
Pear and celery snacks	150				
Kokku		665.45	22.81	23.32	94.67

Breakfast: Porridge/ yogurt with muesli/ wrap with cheese and tomato					
Vegetarian: Vegetable curry with chick peas (GF, LF)	150	111.10	3.72	6.05	11.80
Afternoon snack: Potato fried cakes (GF), sauce (GF), salad, bread, beverage	150/50/100/50/150				

<b>Wednesday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Pork meat with vegetabeles (GF, LF)	130				
Boiled potatoes, buckwheat, oven root	100				
Green salad, carrot, cucumber, peas	100				
Salad dressings	5				
Choice of Beverage	150				
Dairy products: 2.5% milk and 2.5% kephir	up to 250				
Choice of Bread	50				
Plum and salad leaves for snacks	150				
Kokku		676.67	25.94	22.08	97.41

Breakfast: Porridge/ yogurt with muesli/ vegetable stir-fry with tofu					
Vegetarian: Vegetable wok with rice noodles (GF, LF)	300	259.92	6.71	1.31	57.25
Afternoon snack: Cheese pasta, salad, bread, beverage	200/100/50/150				

<b>Thursday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Minestrone soup with beef ( LF) / carrot purée soup (GF, LF)	250				
Sour cream	10				
Rice pudding	80				
Juice kissel (GF, LF)	100				
Dairy products: 2.5% milk and 2.5% kephir	up to 250				
Choice of Bread	50				
Apple and carrot snacks	150				
Kokku		673.39	21.43	23.62	94.89

Breakfast: Porridge/ yogurt with muesli/sandwich with tomato					
Vegetarian: Carrot purée soup (GF, LF)	250	125.66	3.02	4.51	20.07
Salad bar: Green salad, chick beas, corn, tomato	100				
Afternoon snack: Strawberry banana smoothie (GF), sepik with cheese	150/60				

<b>Friday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Whitefish fillet (GF, LF) / cream sauce (GF)	80/50				
Boiled potatoes, rice, raw buckwheat (mild)	150				
Chinese cabbage, cucumber, carrot, peas, leek	100				
Salad dressings	5				
Choice of Beverage	150				
Dairy products: 2.5% milk and 2.5% kephir	up to 250				
Choice of Bread	50				
Pear and turnip snacks	150				
Kokku		656.71	26.67	21.55	91.64

Breakfast: Porridge/ yogurt with muesli/ omlette with vegetables					
Vegetarian: Mushroom-cream sauce (GF)	150	144.19	1.34	10.93	10.35
Afternoon snack: Minced meat pizza, salad, beverage / vegetarian pizza	150/100/150				

Weekly average:	671.87	24.32	22.45	95.69
10-day average:				

For more information on the name of the food and allergenic or intolerable ingredients, please ask the chef or send an e-mail to [evelyn.bauman@balticrest.com](mailto:evelyn.bauman@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

School

School Canteen Manager