

School Lunch Weekly Menu for 10.12-14.12.2018

European School

Monday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Kurzeme strooganov (GF)	150				
Oven-baked vegetables with herbs, whole grain pasta, buckwheat	150				
Beetroot, cabbage, carrot, paprika, leek	100				
Salad dressings	1				
Choice of Beverage	150				
Dairy products: 2.5% milk and 2.5% kephir	up to 250				
Choice of Bread	50				
Apple and cucumber snacks	150				
Kokku		711.25	25.50	25.53	97.70

Breakfast: Porridge/ yogurt with muesli/ pancake with curd					
Vegetarian: Green beans in cream sauce (GF, LF)	150	117.61	1.36	10.36	5.16
Afternoon snack: Baked vegetables (GF, LF), sauce, salad, beverage	200/50/100/150				

Tuesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Macaroni with minced meat (LF)	250				
Tomato sauce (GF, LF)	50				
Carrot, pumpkin, tomato, seller	100				
Salad dressings	3				
Choice of Beverage	150				
Dairy products: 2.5% milk and 2.5% kephir	up to 250				
Choice of Bread	50				
Pear and red cabbage snacks	150				
Kokku		711.34	22.87	25.94	98.38

Breakfast: Porridge/ yogurt with muesli/ sepek with liver paste					
Vegetarian: Macaroni with lightly fried vegetables (LF)	250	71.70	1.02	5.20	6.25
Afternoon snack: Cheese pie, beverage, vegetable snack	60/150/50				

Wednesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Chicken, cottage cheese and tomato casserole (GF)	80				
Sour cream sauce (GF)	50				
Steamed broccoli, potatoes, rice	50				
Chinese cabbage, paprika, cranberries, tomato, cucumber	100				
Salad dressings	10				
Choice of Beverage	150				
Dairy products: 2.5% milk and 2.5% kephir	up to 250				
Choice of Bread	80				
Melon and carrot snacks	150				
Kokku		692.97	26.41	23.15	96.41

Breakfast: Porridge/ yogurt with muesli/ bread with tomato					
Vegetarian: Corn form (GF)	80	125.07	4.61	6.32	12.90
Afternoon snack: Curd cream with raw jam (GF), beverage, fruit	150/150/100				

Thursday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Salmon and vegetable soup (GF, LF) / vegetable-beans purée soup (GF, LF)	250				
Dried fruits kissel (GF, LF)	130				
Whipped cream (GF)	20				
Dairy products: 2.5% milk and 2.5% kephir	up to 250				
Choice of Bread	50				
Apple and radish snacks	150				
Kokku		646.43	14.99	21.91	100.06

Breakfast: Porridge/ yogurt with muesli/ vegetable burrito					
Vegetarian: Vegetable-beans purée soup (GF, LF)	250	106.16	2.86	2.84	18.78
Salad bar: Green salad, carrot, tomato, beans	100	12.54	0.50	0.13	2.55
Afternoon snack: Cous cous with chicken and vegetables (LF), salad, beverage / cous cous with vegetables	200/100/150				

Friday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Beef meat (GF, LF) / sauce (GF)	80/50				
Steamed vegetables, rice, potatoes	150				
Carrot, chick peas, radish, tomato, 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 cauliflower snacks	150				
Kokku		715.66	21.95	25.49	103.29

Breakfast: Porridge/ yogurt with muesli/sandwich with salmon-egg-chees paste					
Vegetarian: Mushroom casserole (GF)	150	247.53	3.84	21.57	10.62
Afternoon snack: Baked sandwich with ham and cheese, beverage, fruit/ baked sandwich with tomato and cheese	100/150/100				

Weekly average:	695.53	22.35	24.40	99.17
10-day average:	683.70	23.33	23.43	97.43

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.

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