

School Lunch Weekly Menu for 17.12-21.12.2018

European School

Monday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Minced meat sauce (GF)	150				
Steamed green beans, whole grain pasta, buckwheat	150				
Beetroot, carrot, pumpkin, tomato, baby spinach	100				
Salad dressings	1				
Choice of Beverage	150				
Dairy products: 2.5% milk and 2.5% kephir	up to 250				
Choice of Bread	40				
Apple and carrot snacks	150				
Kokku		699.02	25.07	26.18	94.90

Breakfast: Porridge/ yogurt with muesli/ pancakes					
Vegetarian: Tsukin-, tomato- and chick peas steal with raisin (GF, LF)	150	130.92	3.86	5.54	16.08
Afternoon snack: Omelette with herbs (GF), salad, bread, beverage	100/100/50/150				

Tuesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Beef goulash (GF)	150				
Oven-baked vegetable, rice, potatoes	150				
Weighs, cauliflower, chick peas, cranberries, tomato	50				
Salad dressings	5				
Choice of Beverage	150				
Dairy products: 2.5% milk and 2.5% kephir	up to 250				
Choice of Bread	40				
Pear and celery snacks	150				
Kokku		659.55	18.52	22.72	98.96

Breakfast: Porridge/ yogurt with muesli/ bread with egg paste					
Vegetarian: Bean pilaf (GF, LF)	250	300.13	8.70	3.59	56.39
Afternoon snack: Wrap with chicken, beverage, fruits / vegetarian wrap	150/150/100				

Wednesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Salmon pasta	250				
Chinese cabbage, beetroot, corn, peas, leek	100				
Salad dressings	10				
Choice of Beverage	150				
Dairy products: 2.5% milk and 2.5% kephir	up to 250				
Choice of Bread	80				
Orange and white cabbage snacks	150				
Kokku		721.62	29.40	23.89	99.54

Breakfast: Porridge/ yogurt with muesli/warm sepik with curd					
Vegetarian: Mild buckwheat pasta with vegetables (GF, LF)	250	71.70	1.02	5.20	6.25
Afternoon snack: Berry smoothie (GF), sepik with butter and tuna, vegetable snack	150/60/50				

Thursday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Pumpkin purée soup with chicken (GF) / vegetable purée soup (GF, LF)	250				
Roasted pumpkin seeds	5				
Roasted Graham bread cubes	20				
Gingerbreads	50				
Dairy products: 2.5% milk and 2.5% kephir	up to 250				
Choice of Bread	40				
Apple and paprika snacks	150				
Kokku		706.23	18.96	26.89	99.67

Breakfast: Porridge/ yogurt with muesli/ fruit salad					
Vegetarian: Vegetable purée soup (GF, LF)	250	131.94	3.11	6.43	17.58
Salad bar: Carrot, chick peas, tomato, paprika	100				
Afternoon snack: Potato-vegetable salad (GF), bread, beverage	150/50/150				

Friday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Pork fillet / sauce (GF, LF)	80/50				
Steamed cauliflower, mashed potatoes, buckwheat	150				
Green salad, cucumber, corn, beetroot	100				
Salad dressings	10				
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		644.12	20.97	21.45	95.06

Breakfast: Porridge/ yogurt with muesli/ eggs porridge					
Vege: Mushroom lasanje with pesto	250	494.61	18.66	19.97	52.82

Weekly average:	686.11	22.58	24.23	97.62
10-day average:	690.82	22.46	24.31	98.40

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