

School Lunch Weekly Menu for 26-30 November 2018

European School

Monday	Quantity (g):	Kcal	:	Fats (g)	ohydrates (g)
Pork in tomato sauce (GF)	150				
Steamed vegetables, spaghetti, buckwheat	150				
Beetroot, sour cabbage, cranberries, onion, tomato	100				
Salad dressings	2				
Choice of Beverage	150				
Choice of Bread	40				
Apple and cucumber snacks	150				
Total		720.18	16.30	25.81	94.82

Breakfast: Porridge/ yogurt with muesli/ black currant braid					
Vegan: Chilli sin carne (GF, LF)	150	121.09	3.79	4.58	15.81
Afternoon snack: Steamed vegetables (GF, LF), sauce, 200/50/50/150					

Tuesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	ohydrates (g)
Turkey pilaff (GF, LF)	250				
White radish, carrot, beetroot, tomato, leek	100				
Salad dressings	5				
Choice of Beverage	150				
Choice of Bread	70				
Pear and red cabbage snacks	150				
Total		679.78	22.94	21.49	100.46

Breakfast: Porridge/ yogurt with muesli/ sepik with butter and cucumber					
Vegan: Bean pilaff (GF, LF)	250	300.13	8.70	3.59	56.39
Afternoon snack: Mashed potatoes (GF), meat ball (LF), 0/50/100/30/150					

Wednesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	ohydrates (g)
Autumn chicken stew with mushrooms (GF)	130				
Baked vegetable, potatoes, rice	150				
Carrot, Chinese cabbage, cucumber, corn, beetroot	100				
Salad dressings	1				
Choice of Beverage	150				
Choice of Bread	50				
Apple and radish snacks	150				
Total		683.11	21.21	24.22	97.66

Breakfast: Porridge/ yogurt with muesli/ orange and chickpea couscous salad					
Vegan: Mushroom stew (GF, LF)	150	195.90	2.81	16.82	9.89
Afternoon snack: Ham croissant, beverage, vegetable sn 60/150/50					

Thursday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	ohydrates (g)
Golden fish soup (GF, LF) / broccoli purée soup (GF, LF)	250				
Cottage cheese delicacy with mango and banana (GF)	130				
Choice of Bread	80				
Plum and carrot snacks	150				
Total		673.02	29.72	18.63	97.08

Breakfast: Porridge/ yogurt with muesli/ fruit mix					
Vegan: Broccoli purée soup (GF, LF)	250	141.11	4.62	6.88	17.31
Afternoon snack: Baked potatoes with cheese (GF), sau 0/50/100/30/150					

Friday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	ohydrates (g)
Meatloaf (LF)	70				
Bechamel sauce (white sauce) (GF)	50				
Honey roasted carrots, mashed potatoes, buckwheat	150				
Cabbage, carrot, pumpkin, tomato, celery	100				
Salad dressings	1				
Choice of Beverage	150				
Choice of Bread	75				
Pear and cauliflower snacks	150				
Total		671.50	23.67	25.83	97.45

Breakfast: Porridge/ yogurt with muesli/ chicken quesadilla with shredded cheese					
Vegan: Carrot and chickpea stew with almonds (GF, LF)	150	182.71	4.98	5.27	29.03
Afternoon snack: Apple cake, beverage, fruit 80/150/100					

Weekly average:		685.52	22.77	23.20	97.49
10-day average:		695.41	24.12	23.73	98.47

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