

## School Lunch Weekly Menu for 4-8 February 2019

### European School

<b>Monday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Chicken thighs in curry yoghurt marinade (GF)	30	49.51	8.37	1.63	0.31
Vegetable curry with quinoa (GF, LF)	200	88.55	2.66	4.57	11.02
Tumeric rice (GF, LF)	50	62.68	1.92	1.30	10.94
Cooked pearl cous-cous (GF)	50	68.14	1.35	0.57	14.35
Vegetables with sweet chilli (GF, LF)	50	38.64	0.65	1.63	5.70
Cream sauce with herbs	45	37.17	1.41	2.68	1.91
Chinese cabbage	25	5.05	0.40	0.08	0.80
Pineapple	25	11.71	0.10	0.07	2.84
Mixed salad leaves	25	5.15	0.35	1.02	1.43
Carrot	25	8.43	0.25	0.10	1.93
Salad dressings	10	56.28	0.10	6.06	0.47
Bread assortment (5 choices)	65	188.25	6.08	2.71	34.61
Beverage assortment	40	14.29	0.83	0.67	1.27
Apple snack	50	20.15	0.10	0.18	4.95
Cauliflower snack	50	10.90	0.80	0.10	2.30
<b>Total</b>		<b>664.89</b>	<b>25.37</b>	<b>23.36</b>	<b>94.81</b>
<b>Tuesday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Sweet and sour pork wok (GF, LF)	100	170.44	7.28	6.78	20.38
Chinese style noodles with vegetables (GF, LF)	100	220.76	8.67	3.03	40.46
Grilled vegetables in Asian style (GF, LF)	50	29.95	1.00	1.63	3.46
Red cabbage	25	6.53	0.40	0.05	1.35
Carrot	25	8.43	0.25	0.10	1.93
Mixed salad leaves	25	5.15	0.35	1.02	1.43
Thai cucumber salad	25	4.73	0.16	0.03	1.03
Salad dressings	15	84.41	0.15	9.09	0.70
Bread assortment (5 choices)	45	130.33	4.21	1.87	23.96
Beverage assortment					
Melon snack	50	13.58	0.30	0.09	3.14
Turnip snack	50	15.30	0.50	0.15	3.65
<b>Total</b>		<b>689.59</b>	<b>23.27</b>	<b>23.85</b>	<b>101.48</b>
<b>Wednesday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Rockfish fillet with sesame seeds spiced with Asian spices(GF, LF)	25	48.29	6.54	1.66	1.79
Bean patty (Vegan)	70	92.95	3.51	2.51	13.43
Boiled green lentils (GF, LF)	20	31.65	2.17	0.15	4.71
Herb roasted potatoes (GF, LF)	80	121.21	2.28	4.18	19.29
Roasted brussels sprouts (GF, LF)	50	23.60	1.98	0.38	3.67
Thai yogurt garam masala sauce	30	7.25	0.41	0.22	0.98
Cabbage	25	3.87	0.26	0.05	0.71
Carrot	25	8.43	0.25	0.10	1.93
Mixed salad leaves	25	5.15	0.35	1.02	1.43
Asian style marinated red onion	25	12.75	0.35	0.07	2.81
Salad dressings	15	84.41	0.15	9.09	0.70
Bread assortment (5 choices)	55	159.29	5.14	2.29	29.29
Beverage assortment	50	17.86	1.04	0.83	1.59
Banana snack	50	52.00	0.60	0.15	12.15
Cucumber snack	50	5.15	0.30	0.05	1.05
<b>Total</b>		<b>673.86</b>	<b>25.33</b>	<b>22.75</b>	<b>95.52</b>
<b>Thursday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Sweet potato soup with chicken (GF, LF)	125	116.49	7.63	6.07	8.25
Sweet potato soup (GF, LF)	125	83.37	1.31	4.80	9.96
Seeds mix	3	16.49	0.68	1.31	0.75
Roasted bread cubes	15	65.21	2.22	0.47	12.99
Asian style apples with coconut cream (GF)	150	136.20	0.58	3.29	27.25
Carrot	25	8.43	0.25	0.10	1.93
Broccoli	25	11.42	0.77	0.50	1.34
Mixed salad leaves	25	5.15	0.35	1.02	1.43
Chickpeas	25	29.25	1.55	0.58	3.55
Salad dressings	5	28.14	0.05	3.03	0.24
Bread assortment (5 choices)	50	144.81	4.68	2.08	26.62
Beverage assortment	30	10.71	0.63	0.50	0.95
Orange snack	50	21.55	0.55	0.05	5.10
Celery snack	50	7.75	0.55	0.10	1.80
<b>Total</b>		<b>684.96</b>	<b>21.79</b>	<b>23.89</b>	<b>102.16</b>
<b>Friday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Tikka Masala chicken (GF)	60	121.61	9.48	8.25	1.10
Kerala vegetable curry (GF, LF)	50	47.64	0.95	4.03	3.31
Wholegrain rice (GF, LF)	50	59.44	1.10	0.68	11.45
Boiled bulgur (LF)	50	65.80	1.73	0.19	13.60
Grilled chinese cabbage (GF, LF)	50	29.09	1.84	0.34	1.87
Cold yogurt sauce (GF)	30	24.78	0.94	1.79	1.27
Pickled cucumber	25	2.60	0.23	0.05	0.45
Beetroot	25	10.75	0.40	0.05	2.18
Mixed salad leaves	25	5.15	0.35	1.02	1.43
Asian red cabbage salad	25	16.55	0.38	0.81	2.14
Salad dressings	5	28.14	0.05	3.03	0.24
Bread assortment (5 choices)	70	202.73	6.55	2.92	37.27
Beverage assortment	150	60.75	0.00	0.00	14.97
Pear snack	50	21.10	0.20	0.20	5.30
Paprika snack	50	14.10	0.55	0.10	3.20
<b>Total</b>		<b>710.21</b>	<b>24.74</b>	<b>23.46</b>	<b>99.77</b>
<b>Weekly average:</b>		<b>684.70</b>	<b>24.10</b>	<b>23.46</b>	<b>98.75</b>
<b>10-day average:</b>		<b>682.33</b>	<b>23.95</b>	<b>23.35</b>	<b>99.05</b>

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

School Lunch Weekly Menu for 11-15 February 2019  
European School

<b>Monday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Chicken stir fry with garlic (GF, LF)	180	209.04	14.72	4.99	27.67
Vegetable wok (GF, LF)	100	64.56	1.58	2.35	10.16
Garam masala carrot (GF,LF)	80	47.12	0.98	1.99	7.32
Carrot	25	6.90	0.38	0.30	1.08
White radish salad with seeds	25	5.15	0.35	1.02	1.43
Mixed salad leaves	25	8.19	0.51	0.03	1.92
Green beans	25	8.43	0.25	0.10	1.93
Salad dressings	15	84.41	0.15	9.09	0.70
Bread assortment (5 choices)	40	115.85	3.74	1.67	21.30
Beverage assortment	170	76.66	1.64	0.83	15.03
Pear snack	50	21.10	0.20	0.20	5.30
Cauliflower snack	50	10.90	0.80	0.10	2.30
<b>Total</b>		<b>658.29</b>	<b>25.31</b>	<b>22.67</b>	<b>96.13</b>
<b>Tuesday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Tandoori chicken (GF)	30	51.36	8.34	1.68	0.68
Vegetable patty (GF, LF)	100	96.14	2.32	3.11	15.72
Wholegrain rice (GF, LF)	50	59.44	1.10	0.68	11.45
Herb roasted potatoes (GF, LF)	50	75.76	1.42	2.62	12.06
Asian style grilled vegetables (GF, LF)	50	29.95	1.00	1.63	3.46
Yogurt-cucumber sauce	30	15.24	0.78	0.57	1.79
Green peas	25	19.31	1.43	0.11	3.74
Corn	25	24.70	0.76	0.20	5.18
Mixed salad leaves	25	5.15	0.35	1.02	1.43
Asian style marinated red onion	25	12.75	0.35	0.07	2.81
Salad dressings	15	84.41	0.15	9.09	0.70
Bread assortment (5 choices)	60	173.77	5.61	2.50	31.95
Beverage assortment	30	10.71	0.63	0.50	0.95
Orange snack	50	21.55	0.55	0.05	5.10
Turnip snack	50	15.30	0.50	0.15	3.65
<b>Total</b>		<b>695.53</b>	<b>25.28</b>	<b>23.97</b>	<b>100.66</b>
<b>Wednesday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Thai style noodles or pad Thai (LF)	100	169.25	9.04	6.01	19.55
Chinese style noodles with vegetables (LF)	100	220.76	8.67	3.03	40.46
Cauliflower in Kerala sauce (GF, LF)	50	32.10	0.83	2.68	2.31
Carrot	25	8.43	0.25	0.10	1.93
Asian red cabbage salad	25	16.55	0.38	0.81	2.14
Mixed salad leaves	25	5.15	0.35	1.02	1.43
Tomato	25	4.73	0.18	0.05	0.93
Salad dressings	10	56.28	0.10	6.06	0.47
Bread assortment (5 choices)	40	115.85	3.74	1.67	21.30
Beverage assortment	60	21.43	1.25	1.00	1.90
Apple snack	50	20.15	0.10	0.18	4.95
Celery snacks	50	7.75	0.55	0.10	1.80
<b>Total</b>		<b>678.39</b>	<b>25.45</b>	<b>22.71</b>	<b>99.15</b>
<b>Thursday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Asian salmon soup (GF, LF)	125	128.17	8.66	4.50	13.57
Asian vegetable soup (GF, LF)	125	108.19	3.69	5.34	12.23
Seeds mix	3	16.49	0.68	1.31	0.75
Roasted bread cubes	15	65.21	2.22	0.47	12.99
Rice pudding with pineapple (GF)	70	158.03	1.33	10.55	14.35
Turnip	25	7.65	0.25	0.08	1.83
Beetroot	25	10.75	0.40	0.05	2.18
Mixed salad leaves	25	5.15	0.35	1.02	1.43
Mung bean sprouts	5	1.27	0.16	0.02	0.15
Salad dressings	5	28.14	0.05	3.03	0.24
Bread assortment (5 choices)	40	115.85	3.74	1.67	21.30
Beverage assortment					
Banana snack	50	52.00	0.60	0.15	12.15
Paprika snack	50	14.10	0.55	0.10	3.20
<b>Total</b>		<b>710.98</b>	<b>22.69</b>	<b>28.28</b>	<b>96.35</b>
<b>Friday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Chicken thigh with chilli and sesame (LF,GF)	25	50.69	6.78	2.12	1.11
Red lentil and tomato scones (LF)	40	72.39	3.23	2.82	8.91
Boiled green lentils (GF, LF)	20	31.65	2.17	0.15	4.71
Boiled potatoes (GF, LF)	80	83.22	2.13	0.11	18.93
Oriental style roasted vegetables (GF, LF)	70	41.46	1.42	2.35	4.51
Cream sauce with dill	45	48.74	0.64	4.10	2.48
Chinese cabbage	25	5.05	0.40	0.08	0.80
Cucumber	25	2.58	0.15	0.03	0.53
Mixed salad leaves	25	5.15	0.35	1.02	1.43
Carrot and coconut salad	25	12.11	0.28	0.41	2.13
Salad dressings	10	56.28	0.10	6.06	0.47
Bread assortment (5 choices)	75	217.21	7.01	3.12	39.94
Beverage assortment	5	1.79	0.10	0.08	0.16
Apple snack	50	20.15	0.10	0.18	4.95
Carrot snack	50	16.85	0.50	0.20	3.85
<b>Total</b>		<b>665.30</b>	<b>25.36</b>	<b>22.82</b>	<b>94.89</b>
<b>Weekly average:</b>		<b>681.70</b>	<b>24.82</b>	<b>24.09</b>	<b>97.43</b>
<b>10-day average:</b>		<b>683.20</b>	<b>24.46</b>	<b>23.78</b>	<b>98.09</b>

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 School

School Canteen Manager

## School Lunch Weekly Menu for 18-22 February 2019

### European School

<b>Monday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Baked chicken thigh meat (GF, LF)	30	49.76	7.14	2.08	0.62
Vegetable scones	100	92.84	2.70	2.92	14.71
Cooked pearl cous-cous (LF)	50	62.68	1.92	1.30	10.94
Boiled potatoes (GF, LF)	50	52.01	1.33	0.07	11.83
Steamed broccoli (GF, LF)	50	22.84	1.54	0.99	2.68
Yoghurt - curry sauce (GF)	50	22.69	1.39	1.08	1.89
Green peas	25	17.55	1.30	0.10	3.40
Tomato	25	4.73	0.18	0.05	0.93
Mixed salad leaves	25	5.15	0.35	1.02	1.43
Corn	25	24.70	0.76	0.20	5.18
Salad dressings	20	112.55	0.20	12.13	0.94
Bread assortment (5 choices)	60	173.77	5.61	2.50	31.95
Beverage assortment					
Orange snack	50	21.55	0.55	0.05	5.10
Carrot snack	50	16.85	0.50	0.20	3.85
<b>Total</b>		<b>679.65</b>	<b>25.46</b>	<b>24.68</b>	<b>95.43</b>
<b>Tuesday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Salmon casserole (GF)	150	216.07	11.69	10.28	19.80
Potato and vegetable casserole (GF)	100	80.00	3.20	3.23	10.31
Herb roasted vegetables (GF, LF)	100	71.17	1.45	3.53	10.43
Red cabbage	25	6.53	0.40	0.05	1.35
Carrot	25	8.43	0.25	0.10	1.93
Mixed salad leaves	25	5.15	0.35	1.02	1.43
Broccoli	25	11.42	0.77	0.50	1.34
Salad dressings	5	28.14	0.05	3.03	0.24
Bread assortment (5 choices)	60	173.77	5.61	2.50	31.95
Beverage assortment	150	73.50	0.75	0.00	16.80
Apple snack	50	20.15	0.10	0.18	4.95
Cucumber snack	50	5.15	0.30	0.05	1.05
<b>Total</b>		<b>699.46</b>	<b>24.93</b>	<b>24.46</b>	<b>101.57</b>
<b>Wednesday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Bologna sauce (GF,LF)	150	230.18	8.48	15.84	14.18
Vegetable bolognese (GF,LF)	150	61.92	2.57	0.40	12.86
Spaghetti (LF)	70	47.63	1.60	0.66	8.60
Boiled potatoes (GF, LF)	50	52.01	1.33	0.07	11.83
Steamed cauliflower with butter and fresh dill (GF)	30	10.92	0.64	0.33	1.83
Chinese cabbage	25	5.05	0.40	0.08	0.80
Cucumber	25	2.58	0.15	0.03	0.53
Mixed salad leaves	25	5.15	0.35	1.02	1.43
Turnip	25	7.65	0.25	0.08	1.83
Salad dressings	5	28.14	0.05	3.03	0.24
Bread assortment (5 choices)	65	188.25	6.08	2.71	34.61
Beverage assortment	150	0.93	0.05	0.01	0.20
Kiwi snack	50	23.80	0.50	0.20	5.35
White radish	50	7.85	0.50	0.05	1.75
<b>Total</b>		<b>672.05</b>	<b>22.95</b>	<b>24.50</b>	<b>96.02</b>
<b>Thursday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Italian meatball soup with spinach	150	173.38	7.41	10.77	12.87
Vegetable soup (GF)	125	57.81	1.55	2.51	8.30
Seeds mix	5	27.49	1.14	2.19	1.24
Roasted bread cubes	15	65.21	2.22	0.47	12.99
Mango jelly (GF)	75	104.17	2.67	1.06	21.06
Strawberry sauce (GF, LF)	50	46.76	0.30	0.04	11.44
Carrot	30	10.11	0.30	0.12	2.31
Cabbage	30	7.17	0.33	0.06	1.62
Mixed salad leaves	35	7.21	0.50	1.43	2.00
Mung bean sprouts	5	1.27	0.16	0.02	0.15
Salad dressings	5	28.14	0.05	3.03	0.24
Bread assortment (5 choices)	30	86.89	2.81	1.25	15.97
Beverage assortment					
Pear snack	50	21.10	0.20	0.20	5.30
Cauliflower snack	50	10.90	0.80	0.10	2.30
<b>Total</b>		<b>647.58</b>	<b>20.44</b>	<b>23.25</b>	<b>97.78</b>
<b>Friday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Pineapple BBQ chicken (GF,LF)	50	140.61	7.01	11.25	3.25
Vegetable cutlet (LF)	70	67.29	1.62	2.18	11.00
Boiled bulgur (LF)	50	65.80	1.73	0.19	13.60
Herb roasted potatoes (GF,LF)	50	75.76	1.42	2.62	12.06
Steamed Brussels sprouts, cauliflower and carrots (GF,LF)	50	15.55	1.01	0.18	3.17
Mushroom sauce	35	27.30	0.77	1.86	1.96
White radish	25	3.93	0.25	0.03	0.88
Beetroot	25	10.75	0.40	0.05	2.18
Mixed salad leaves	25	5.15	0.35	1.02	1.43
Green beans	25	8.19	0.51	0.03	1.92
Salad dressings	3	16.88	0.03	1.82	0.14
Bread assortment (5 choices)	60	173.77	5.61	2.50	31.95
Beverage assortment	150	0.93	0.05	0.01	0.20
Banana snack	50	52.00	0.60	0.15	12.15
Turnip snack	50	15.30	0.50	0.15	3.65
<b>Total</b>		<b>679.20</b>	<b>21.87</b>	<b>24.04</b>	<b>99.52</b>
<b>Weekly average:</b>		<b>675.59</b>	<b>23.13</b>	<b>24.18</b>	<b>98.06</b>
<b>10-day average:</b>		<b>678.64</b>	<b>23.97</b>	<b>24.14</b>	<b>97.75</b>

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School Canteen Manager