

School Lunch Weekly Menu for 4-8 March 2019

European School

Monday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Total					

Tuesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Estonian potato-barley mash with pork	115	139.68	2.87	4.94	15.33
Spinach risotto	115	117.66	5.01	4.27	15.40
Stewed sauerkraut	50	38.79	0.57	1.75	5.17
Sour cream	15	30.60	0.42	3.00	0.54
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
Pickled cucumber	25	2.60	0.23	0.05	0.45
Salad dressings	7	39.39	0.07	4.24	0.33
Bread assortment (5 choices)	75	217.21	7.01	3.12	39.94
Beverage assortment	40	14.29	0.83	0.67	1.27
Apple snack	100	40.30	0.20	0.36	9.90
Turnip	50	15.30	0.50	0.15	3.65
Total		675.91	18.72	23.73	96.68

Wednesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Minced meat lasagna	90	167.12	8.28	10.11	10.92
Vegetable lasagna	90	128.64	5.83	4.59	16.86
Steamed broccoli, carrot and green beans	50	16.98	1.07	0.16	3.57
Cold yogurt sauce(GF)	40	33.04	1.25	2.38	1.70
Chinese cabbage	25	5.05	0.40	0.08	0.80
Beetroot	25	10.75	0.40	0.05	2.18
Mixed salad leaves	25	5.15	0.35	1.02	1.43
Cucumber	25	2.58	0.15	0.03	0.53
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	20	7.14	0.42	0.33	0.63
Pear snack	100	42.20	0.40	0.40	10.60
Paprika snack	50	14.10	0.55	0.10	3.20
Total		688.00	25.51	24.99	96.67

Thursday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Creamy fish soup (GF)	115	78.13	5.62	2.63	8.60
Creamy vegetable soup (GF)	115	42.75	0.95	1.85	5.96
Fresh cheese cream (GF)	45	140.10	1.91	12.13	5.74
Peach sauce (GF,LF)	105	63.63	0.53	0.00	15.65
Carrot	25	8.43	0.25	0.10	1.93
Brocoli	25	12.36	0.77	0.60	1.34
Mixed salad leaves	25	5.15	0.35	1.02	1.43
Chickpeas	25	34.65	2.26	0.30	4.30
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	20	7.14	0.42	0.33	0.63
Orange snack	100	43.10	1.10	0.10	10.20
Carrot and celery snack	50	15.03	0.51	0.18	3.44
Total		693.90	19.70	24.36	102.87

Friday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Baked chicken thigh meat (GF,LF)	50	82.93	11.90	3.47	1.04
Broccoli-cheese balls	50	65.14	3.76	2.59	7.12
Wholegrain rice (GF, LF)	50	60.77	1.10	0.83	11.45
Potato puree (LF)	50	62.96	1.54	1.34	11.48
Steamed carrot, turnip, cabbage (GF, LF)	50	16.71	0.60	0.17	3.85
Cabbage	25	5.98	0.28	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
Pickled red onion	25	9.13	0.30	0.05	2.00
Salad dressings	15	84.41	0.15	9.09	0.70
Bread assortment (5 choices)	50	144.81	4.68	2.08	26.62
Beverage assortment	20	7.14	0.42	0.33	0.63
Banana snack	100	104.00	1.20	0.30	24.30
Cucumber snack	50	5.15	0.30	0.05	1.05
Total		662.686	26.817	21.48	94.938

Weekly average:	680.12	22.69	23.64	97.79
10-day average:	691.71	23.32	24.66	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](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 March 2019  
European School

Monday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
French style pork (GF)	50	75.97	10.98	3.31	0.55
Ratatouille(GF,LF)	100	77.58	1.58	5.28	6.81
French style green beans	50	12.98	0.22	1.02	0.90
Potato casserole with herbs	50	74.54	3.47	3.76	6.98
Wholegrain rice (GF, LF)	50	60.77	1.10	0.83	11.45
Mushroom sauce	25	19.50	0.55	1.33	1.40
Green peas	25	19.31	1.43	0.11	3.74
Carrot	25	8.43	0.25	0.10	1.93
Mixed salad leaves	25	5.15	0.35	1.02	1.43
Pickled red onion	25	3.93	0.25	0.03	0.88
Salad dressings	5	28.14	0.05	3.03	0.24
Bread assortment (5 choices)	45	130.33	4.21	1.87	23.96
Beverage assortment	20	7.14	0.42	0.33	0.63
Banana snack	100	104.00	1.20	0.30	24.30
Turnip snack	50	15.30	0.50	0.15	3.65
<b>Total</b>		<b>681.44</b>	<b>26.63</b>	<b>22.54</b>	<b>98.19</b>

Tuesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Bulgur with chicken and vegetables (LF)	100	190.44	9.90	6.77	22.21
Bulgur with vegetables (LF)	100	155.20	3.11	3.43	27.41
Steamed cauliflower, carrot, green peas	50	16.79	0.94	0.16	3.60
Yogurt-cucumber sauce	30	15.24	0.78	0.57	1.79
Carrot	25	8.43	0.25	0.10	1.93
White radish	25	9.13	0.30	0.05	2.00
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	15	84.41	0.15	9.09	0.70
Bread assortment (5 choices)	50	144.81	4.68	2.08	26.62
Beverage assortment	40	14.29	0.83	0.67	1.27
Pear snack	100	42.20	0.40	0.40	10.60
Cucumber snack	50	5.15	0.30	0.05	1.05
<b>Total</b>		<b>699.41</b>	<b>22.49</b>	<b>24.42</b>	<b>102.52</b>

Wednesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
One pot chicken and mushrooms	80	87.05	9.93	3.82	3.34
Vegetable cutlet (LF)	120	115.36	2.78	3.73	18.86
Steamed broccoli (GF, LF)	50	24.71	1.54	1.20	2.69
Herb roasted potatoes (GF,LF)	50	75.76	1.42	2.62	12.06
Boiled buckwheat (GF,LF)	50	56.53	2.08	0.35	11.60
Carrot	25	8.43	0.25	0.10	1.93
Red cabbage	25	17.31	0.41	1.18	1.56
Mixed salad leaves	25	5.15	0.35	1.02	1.43
Tomato	25	4.73	0.18	0.05	0.93
Salad dressings	7	39.39	0.07	4.24	0.33
Bread assortment (5 choices)	60	173.77	5.61	2.50	31.95
Beverage assortment	20	7.14	0.42	0.33	0.63
Orange snack	100	43.10	1.10	0.10	10.20
White radish	50	7.85	0.50	0.05	1.75
<b>Total</b>		<b>666.26</b>	<b>26.64</b>	<b>21.29</b>	<b>99.25</b>

Thursday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Ground beef and lentil soup (GF,LF)	125	89.17	6.71	3.65	7.73
Tomato - lentil soup (GF,LF)	125	79.85	2.58	3.97	8.11
Seeds mix	3	16.49	0.68	1.31	0.75
Roasted bread cubes	15	65.21	2.22	0.47	12.99
Orange kissel	130	114.59	0.74	0.09	27.47
Whipped cream	20	70.64	0.50	7.00	1.40
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	25	6.33	0.80	0.08	0.75
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	20	7.14	0.42	0.33	0.63
Kiwi snack	100	47.60	1.00	0.40	10.70
Carrot snack	50	16.85	0.50	0.20	3.85
<b>Total</b>		<b>681.39</b>	<b>20.94</b>	<b>23.34</b>	<b>101.35</b>

Friday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Creamy salmon with dill (GF)	50	135.94	9.64	10.73	0.38
Indian lentil pancake (GF,LF)	50	79.94	4.22	3.04	9.01
Oriental style roasted vegetables (GF, LF)	50	22.99	1.01	0.93	3.22
Potato puree (LF)	50	62.96	1.54	1.34	11.48
Cooked pearl cous-cous (GF)	50	62.68	1.92	1.30	10.94
Cream sauce with dill	20	21.66	0.28	1.82	1.10
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	25	8.43	0.25	0.10	1.93
Salad dressings	3	16.88	0.03	1.82	0.14
Bread assortment (5 choices)	45	130.33	4.21	1.87	23.96
Beverage assortment	20	7.14	0.42	0.33	0.63
Apple snack	100	40.30	0.20	0.36	9.90
Paprika snack	50	14.10	0.55	0.10	3.20
<b>Total</b>		<b>689.62</b>	<b>25.92</b>	<b>24.87</b>	<b>95.43</b>

Weekly average:	683.62	24.52	23.29	99.35
10-day average:	681.87	23.61	23.47	98.57

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

## School Lunch Weekly Menu for 18-22 March 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>
Zucchini stew with minced meat (GF,LF)	100	125.28	5.04	9.22	6.28
Zucchini stew with tomato and beans (GF,LF)	100	77.17	1.89	5.07	6.92
Steamed broccoli (GF, LF)	50	24.71	1.54	1.20	2.69
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	5	28.14	0.05	3.03	0.24
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	100	104.00	1.20	0.30	24.30
Carrot snack	50	16.85	0.50	0.20	3.85
<b>Total</b>		<b>685.70</b>	<b>20.48</b>	<b>24.69</b>	<b>101.99</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 suor chicken (GF,LF)	50	104.47	12.84	4.89	2.28
Beet patty (LF)	50	83.69	3.23	4.79	7.13
Spaghetti (LF)	50	34.02	1.14	0.47	6.14
Boiled potatoes (GF, LF)	50	52.01	1.33	0.07	11.83
Steamed cauliflower with butter and fresh dill (GF)	50	18.20	1.06	0.54	3.05
Tomato sauce (GF,LF)	35	22.24	0.68	0.08	4.55
Red cabbage	30	20.77	0.49	1.41	1.87
Carrot	30	10.11	0.30	0.12	2.31
Mixed salad leaves	30	6.18	0.42	1.23	1.71
Olives	10	34.00	0.22	3.58	0.58
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	30	10.71	0.63	0.50	0.95
Apple snack	100	40.30	0.20	0.36	9.90
Cucumber snack	50	5.15	0.30	0.05	1.05
<b>Total</b>		<b>682.64</b>	<b>28.79</b>	<b>23.63</b>	<b>94.95</b>
<b>Wednesday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Beef - spinach stew (GF,LF)	115	106.95	9.11	4.81	7.44
Aloo Palak (Potato and spinach curry) (GF,LF)	115	74.67	2.35	1.39	13.92
Steamed broccoli, carrot and green beans (GF,LF)	50	16.98	1.07	0.16	3.57
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	15	84.41	0.15	9.09	0.70
Bread assortment (5 choices)	70	202.73	6.55	2.92	37.27
Beverage assortment	150	53.57	3.13	2.50	4.76
Kiwi snack	100	47.60	1.00	0.40	10.70
White radish	50	7.85	0.50	0.05	1.75
<b>Total</b>		<b>688.69</b>	<b>25.76</b>	<b>22.51</b>	<b>101.49</b>
<b>Thursday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Fish soup (GF,LF)	125	67.19	6.85	2.17	5.31
Potato-leek puree soup (GF)	125	75.02	1.56	4.18	8.26
Seeds mix	5	27.49	1.14	2.19	1.24
Roasted bread cubes	15	65.21	2.22	0.47	12.99
Strawberry - yogurt cream (GF)	75	159.52	1.82	8.82	18.06
Strawberry sauce (GF, LF)	50	46.76	0.30	0.04	11.44
Carrot	25	8.43	0.25	0.10	1.93
Cabbage	25	5.98	0.28	0.05	1.35
Mixed salad leaves	25	5.15	0.35	1.02	1.43
Mung bean sprouts	25	6.33	0.80	0.08	0.75
Salad dressings	4	22.51	0.04	2.43	0.19
Bread assortment (5 choices)	40	115.85	3.74	1.67	21.30
Beverage assortment	30	10.71	0.63	0.50	0.95
Pear snack	100	42.20	0.40	0.40	10.60
Carrot snack	50	16.85	0.50	0.20	3.85
<b>Total</b>		<b>675.18</b>	<b>20.87</b>	<b>24.31</b>	<b>99.64</b>
<b>Friday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Chicken meat in apple sauce (GF,LF)	80	106.45	8.45	5.57	5.64
Zucchini and carrot rosti	80	141.60	3.16	8.27	14.42
Tumeric rice (GF, LF)	50	68.14	1.35	0.57	14.35
Herb roasted potatoes (GF,LF)	50	75.76	1.42	2.62	12.06
Steamed carrot, green peas, corn (GF, LF)	50	39.22	1.30	1.26	6.41
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
Steamed 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)	50	144.81	4.68	2.08	26.62
Beverage assortment	30	10.71	0.63	0.50	0.95
Apple snack	100	40.30	0.20	0.36	9.90
Turnip snack	50	15.30	0.50	0.15	3.65
<b>Total</b>		<b>687.18</b>	<b>23.23</b>	<b>24.31</b>	<b>100.54</b>
<b>Weekly average:</b>		<b>683.88</b>	<b>23.82</b>	<b>23.89</b>	<b>99.72</b>
<b>10-day average:</b>		<b>683.75</b>	<b>24.17</b>	<b>23.59</b>	<b>99.53</b>

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Marking: GL-gluten free; LF-lactose free

School

School Canteen Manager

## School Lunch Weekly Menu for 25-29 March 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 drumsticks (GF,LF)	60	116.28	15.31	4.58	3.29
Bean pilaf (GF,LF)	120	149.36	4.18	2.32	27.07
Roasted vegetables with mango sauce(GF,LF)	50	38.19	0.61	0.19	9.25
Boiled potatoes (GF, LF)	50	52.01	1.33	0.07	11.83
Tumeric rice (GF, LF)	50	68.14	1.35	0.57	14.35
Cold yogurt sauce with herbs (GF)	25	20.65	0.78	1.49	1.06
Carrot	25	8.43	0.25	0.10	1.93
Pineapple	25	11.71	0.10	0.07	2.84
Mixed salad leaves	25	5.15	0.35	1.02	1.43
Chinese cabbage	25	5.05	0.40	0.08	0.80
Salad dressings	15	84.41	0.15	9.09	0.70
Bread assortment (5 choices)	25	72.40	2.34	1.04	13.31
Beverage assortment	30	10.71	0.63	0.50	0.95
Apple snack	100	40.30	0.20	0.36	9.90
Cauliflower snack	50	10.90	0.80	0.10	2.30
<b>Total</b>		<b>693.69</b>	<b>28.78</b>	<b>21.58</b>	<b>101.01</b>
<b>Tuesday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Turkey and cauliflower stew (GF,LF)	80	83.32	6.25	5.21	3.61
Potato and cauliflower casserole	80	84.55	3.90	4.26	8.16
Steamed carrot, green peas (GF, LF)	50	31.16	1.13	1.20	4.74
Herb roasted potatoes (GF,LF)	50	75.76	1.42	2.62	12.06
Boiled green lentils (GF, LF)	50	79.13	5.42	0.38	11.78
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
Cucumber	25	2.58	0.15	0.03	0.53
Salad dressings	6	33.77	0.06	3.64	0.28
Bread assortment (5 choices)	55	159.29	5.14	2.29	29.29
Beverage assortment	30	10.71	0.63	0.50	0.95
Melon snack	100	27.16	0.61	0.18	6.27
Turnip snack	50	15.30	0.50	0.15	3.65
<b>Total</b>		<b>661.68</b>	<b>26.50</b>	<b>21.62</b>	<b>95.43</b>
<b>Wednesday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Tomato tuna pasta	100	125.335	8.971	5.454	10.382
Pasta with mushrooms (LF)	100	141.218	4.332	7.068	15.031
Steamed broccoli, carrot and green beans	50	16.975	1.067	0.163	3.57
Cold yogurt sauce(GF)	25	20.65	0.78	1.49	1.06
Cream sauce with herbs	25	35.17	0.41	3.13	1.57
Chinese cabbage	25	5.05	0.40	0.08	0.80
Beetroot	25	10.75	0.40	0.05	2.18
Mixed salad leaves	25	5.15	0.35	1.02	1.43
Pickled cucumber	25	2.60	0.23	0.05	0.45
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
Pear snack	100	42.20	0.40	0.40	10.60
Paprika snack	50	14.10	0.55	0.10	3.20
<b>Total</b>		<b>676.35</b>	<b>23.99</b>	<b>24.62</b>	<b>94.88</b>
<b>Thursday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Borsch	125	109.98	5.70	6.38	7.79
Vegetable borsch	125	41.78	1.04	1.40	6.76
Curd cream (GF)	80	159.84	6.66	6.56	18.40
Berry sauce	50	68.38	0.32	0.11	16.71
Carrot	25	8.43	0.25	0.10	1.93
Brocoli	25	12.36	0.77	0.60	1.34
Mixed salad leaves	25	5.15	0.35	1.02	1.43
Chickpeas	25	34.65	2.26	0.30	4.30
Salad dressings	5	28.14	0.05	3.03	0.24
Bread assortment (5 choices)	55	159.29	5.14	2.29	29.29
Beverage assortment	100	35.72	2.09	1.67	3.17
Orange snack	100	43.10	1.10	0.10	10.20
White radish	50	7.85	0.50	0.05	1.75
<b>Total</b>		<b>714.65</b>	<b>26.23</b>	<b>23.61</b>	<b>103.30</b>
<b>Friday</b>	<b>Quantity (g)</b>	<b>Kcal</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Carbohydrates (g)</b>
Minced meat sauce	100	152.27	6.41	11.35	6.38
Kartulipannkook	50	82.28	1.61	3.93	10.37
Wholegrain rice (GF, LF)	50	60.77	1.10	0.83	11.45
Potato puree (LF)	50	62.96	1.54	1.34	11.48
Steamed carrot, turnip, cabbage (GF, LF)	50	16.71	0.60	0.17	3.85
Cabbage	25	5.98	0.28	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
Pickled red onion	25	9.13	0.30	0.05	2.00
Salad dressings	5	28.14	0.05	3.03	0.24
Bread assortment (5 choices)	45	130.33	4.21	1.87	23.96
Beverage assortment	30	10.71	0.63	0.50	0.95
Banana snack	100	104.00	1.20	0.30	24.30
Cucumber snack	50	5.15	0.30	0.05	1.05
<b>Total</b>		<b>681.98</b>	<b>18.82</b>	<b>24.59</b>	<b>100.72</b>
<b>Weekly average:</b>		<b>685.67</b>	<b>24.86</b>	<b>23.20</b>	<b>99.07</b>
<b>10-day average:</b>		<b>684.77</b>	<b>24.34</b>	<b>23.55</b>	<b>99.39</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