

School Lunch Weekly Menu for 03-07 June 2019

European School

Monday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Minced beef meat - rice casserole with coconut milk (GF,LF)	150	231.01	9.68	3.45	26.89
Zucchini - rice casserole with coconut milk (GF,LF)	100	77.17	1.89	5.07	6.92
Broccoli	25	11.42	0.77	0.50	1.34
Cold yogurt garlic sauce(GF)	45	37.17	1.41	2.68	1.91
Corn	25	24.70	0.76	0.20	5.18
White radish	25	3.93	0.25	0.03	0.88
Frillice	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	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
Turnip snack	50	15.30	0.50	0.15	3.65
Total		693.23	22.96	22.80	91.42
Tuesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Chicken minced meat and rice ball (LF)	100	170.44	7.28	4.78	20.38
Potato - cottage cheese cutlet	50	74.81	1.77	4.83	6.56
Fried vegetables with tofu (GF,LF)	50	23.60	1.98	0.38	3.67
Cooked pearl cous-cous (GF)	50	68.14	1.35	0.57	14.35
Cream sauce	45	48.74	0.64	4.10	2.48
Boiled buckwheat (GF, LF)	50	60.77	1.10	0.83	11.45
Red cabbage	25	6.53	0.40	0.05	1.35
White radish	25	3.93	0.25	0.03	0.88
Lettuce	25	5.15	0.35	1.02	1.43
Green peas	25	25.00	17.55	1.30	0.10
Salad dressings	15	84.41	0.15	9.09	0.70
Bread assortment	45	130.33	4.21	1.87	23.96
Beverage assortment					
Pear snack	50	21.10	0.20	0.20	5.30
Carrot snack	50	16.85	0.50	0.20	3.85
Total		739.78	37.73	29.25	96.45
Wednesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Chicken wings with teryaki sauce (LF)	50	82.93	8.90	3.47	1.04
Cabbage rolls	200	88.55	2.66	4.57	11.02
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
Vegetables with balsamic vinegar (GF,LF)	50	32.10	0.83	2.68	2.31
Tomato	25	4.73	0.18	0.05	0.93
Cucumber	25	2.58	0.15	0.03	0.53
Lettuce	25	5.15	0.35	1.02	1.43
Beetroot	25	10.75	0.40	0.05	2.18
Salad dressings	15	84.41	0.15	9.09	0.70
Bread assortment	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
Celery snack	50	7.75	0.55	0.10	1.80
Total		683.28	23.48	27.64	88.44
Thursday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Creamy chicken - pasta soup	150	173.38	7.41	4.77	18.87
Creamy vegetable - pasta soup	125	83.37	1.31	4.80	9.96
Biscuit roll with jam	100	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
Spinach	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	50	144.81	4.68	2.08	26.62
Beverage assortment	30	10.71	0.63	0.50	0.95
Melon snack	100	27.16	0.61	0.18	6.27
Tomato snack	50	9.45	0.35	0.10	1.85
Total		667.45	18.53	20.94	100.26
Friday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Sweet and sour chinese cabbage with pork (GF,LF)	60	121.61	9.48	5.25	6.10
Sweet and sour chinese cabbage (GF,LF)	50	47.64	0.95	4.03	3.31
Tumeric rice (GF, LF)	50	68.14	1.35	0.57	14.35
Boiled potatoes (GF, LF)	50	52.01	1.33	0.07	11.83
Corn	25	24.70	0.76	0.20	5.18
Carrot	25	8.43	0.25	0.10	1.93
Iceberg cabbage	25	5.15	0.35	1.02	1.43
Tomato	25	4.73	0.18	0.05	0.93
Salad dressings	5	28.14	0.05	3.03	0.24
Bread assortment	70	202.73	6.55	2.92	37.27
Beverage assortment	150	60.75	0.00	0.00	14.97
Kiwi snack	50	23.80	0.50	0.20	5.35
Cucumber snack	50	5.15	0.30	0.05	1.05
Total		710.21	24.74	23.46	99.77
Weekly average:		698.79	25.49	24.82	95.26
10-day average:		682.21	25.29	23.48	96.01

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 10-14 June 2019
European School

Monday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Mexico beef stew (LF)	100	161.10	6.41	5.34	6.38
Ratatouille(GF,LF)	100	77.58	1.58	5.28	6.81
Steamed green beans	50	16.38	1.02	0.06	3.84
Boiled potatoes (GF, LF)	50	52.01	1.33	0.07	11.83
Wholegrain rice (GF, LF)	50	59.44	1.10	0.68	11.45
Carrot	25	6.90	0.38	0.30	1.08
Lettuce	25	5.15	0.35	1.02	1.43
Beetroot	25	10.75	0.40	0.05	2.18
Cucumber	25	2.58	0.15	0.03	0.53
Salad dressings	10	56.28	0.10	6.06	0.47
Bread assortment	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
Tomato snack	50	9.45	0.35	0.10	1.85
Total		671.20	18.75	21.70	89.46
Tuesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Potato casserole with minced meat and vegetables	100	125.28	5.04	9.22	6.28
Potato casserole with zucchini and mushrooms	100	77.17	1.89	5.07	6.92
Vegetables with sweet chilli (GF, LF)	50	38.64	0.65	1.63	5.70
Cold yogurt sauce with herbs (GF)	30	15.24	0.78	0.57	1.79
Cucumber	25	2.58	0.15	0.03	0.53
Tomato	25	4.73	0.18	0.05	0.93
Lettuce	25	5.15	0.35	1.02	1.43
White radish	25	3.93	0.25	0.03	0.88
Salad dressings	15	84.41	0.15	9.09	0.70
Bread assortment	60	173.77	5.61	2.50	31.95
Beverage assortment	30	10.71	0.63	0.50	0.95
Melon snack	100	27.16	0.61	0.18	6.27
Cucumber snack	50	5.15	0.30	0.05	1.05
Total		695.53	25.28	23.97	100.66
Wednesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Fish cutlet	100	169.25	9.04	6.01	19.55
Chickpeas cutlet or falafel (GF,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
Wholegrain rice (GF, LF)	50	59.44	1.10	0.68	11.45
Cooked pearl cous-cous (GF)	50	68.14	1.35	0.57	14.35
Steamed cauliflower with butter and herbs (GF)	30	10.92	0.64	0.33	1.83
Cream sauce with garlic	25	8.43	0.25	0.10	1.93
Green beans	25	8.19	0.51	0.03	1.92
Spinach	25	5.15	0.35	1.02	1.43
White radish	25	3.93	0.25	0.03	0.88
Carrot	25	6.90	0.38	0.30	1.08
Salad dressings	10	56.28	0.10	6.06	0.47
Bread assortment	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
Turnip snack	50	15.30	0.50	0.15	3.65
Total		678.39	25.45	22.71	99.15
Thursday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Borch with pork (GF,LF)	125	109.98	5.70	6.38	7.79
Borch with vegetables (GF,LF)	125	41.78	1.04	1.40	6.76
Sour cream	15	30.60	0.42	3.00	0.54
Panna cotta	75	154.51	3.11	7.69	18.06
Strawberry raw jam	75	70.14	0.45	0.06	17.16
Pumpkin	25	5.00	0.20	0.03	1.20
Chickpeas	25	29.25	1.55	0.58	3.55
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	40	115.85	3.74	1.67	21.30
Beverage assortment					
Kiwi snack	50	23.80	0.50	0.20	5.35
Celery snack	50	7.75	0.55	0.10	1.80
Total		710.98	22.69	28.28	96.35
Friday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Chicken stew	150	164.78	8.63	8.50	7.48
Mushroom stew	50	82.51	1.28	7.19	3.54
Boiled green lentils (GF,LF)	20	31.65	2.17	0.15	4.71
Potato puree (GF)	80	83.22	2.13	0.11	18.93
Roasted broccoli and carrot mix (GF,LF)	50	39.22	1.30	1.26	6.41
White radish	25	3.93	0.25	0.03	0.88
Cucumber	25	2.58	0.15	0.03	0.53
Frillice	25	5.15	0.35	1.02	1.43
Beetroot	25	10.75	0.40	0.05	2.18
Salad dressings	5	28.14	0.05	3.03	0.24
Bread assortment	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
Total		707.91	24.42	24.95	95.19
Weekly average:		692.80	23.32	24.32	96.16
10-day average:		695.80	24.40	24.57	95.71

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School

School Canteen Manager

School Lunch Weekly Menu for 17-21 June 2019

European School

Monday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Creamy chicken pasta	100	163.60	8.07	4.31	29.93
Sweet sour rice noodles with vegetables (GL)	100	114.81	3.25	2.51	18.46
Steamed broccoli and cauliflower (GF)	50	22.84	1.54	0.99	2.68
Pickled red onion	25	9.13	0.30	0.05	2.00
Beetroot	25	10.75	0.40	0.05	2.18
Lettuce	25	5.15	0.35	1.02	1.43
Pumpkin	25	5.00	0.20	0.03	1.20
Salad dressings	20	112.55	0.20	12.13	0.94
Bread assortment	60	173.77	5.61	2.50	31.95
Beverage assortment					
Pear snack	50	21.10	0.20	0.20	5.30
Cucumber snack	50	5.15	0.30	0.05	1.05
Total		643.84	20.43	23.83	97.11
Tuesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Pilaf with pork (GF,LF)	100	157.94	9.34	3.78	21.87
Pilaf with vegetables (GF,LF)	100	86.16	2.68	5.89	10.28
Oriental style roasted vegetables (GF, LF)	70	41.46	1.42	2.35	4.51
Red cabbage	25	6.53	0.40	0.05	1.35
Carrot	25	8.43	0.25	0.10	1.93
Spinach	25	5.15	0.35	1.02	1.43
White radish	25	3.93	0.25	0.03	0.88
Salad dressings	5	28.14	0.05	3.03	0.24
Bread assortment	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
Paprika snack	50	14.10	0.55	0.10	3.20
Total		699.46	24.93	24.46	101.57
Wednesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Chicken curry	80	87.05	9.93	3.82	3.34
Lentil and vegetable curry	200	88.55	2.66	4.57	11.02
Potato puree (GF)	80	83.22	2.13	0.11	18.93
Boiled rice (GF, LF)	50	64.69	1.26	0.54	13.65
Garlik butter carrot	50	16.71	0.60	3.17	3.85
Pineapple	25	11.71	0.10	0.07	2.84
Carrot	25	8.43	0.25	0.10	1.93
Lettuce	25	5.15	0.35	1.02	1.43
Pumpkin	25	5.00	0.20	0.03	1.20
Salad dressings	5	28.14	0.05	3.03	0.24
Bread assortment	65	188.25	6.08	2.71	34.61
Beverage assortment	150	0.93	0.05	0.01	0.20
Banana snack	50	52.00	0.60	0.15	12.15
Celery snack	50	7.75	0.55	0.10	1.80
Total		647.57	24.82	19.42	107.18
Thursday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Creamy fish soup (GF)	125	76.08	2.60	4.86	5.80
Pumpkin puree soup (GF)	125	89.68	1.63	5.58	9.45
Seeds mix	5	27.49	1.14	2.19	1.24
Roasted bread cubes	15	65.21	2.22	0.47	12.99
Kiwi jelly (GF,LF)	150	208.34	5.34	2.13	42.12
Whipped cream	20	70.64	0.50	7.00	1.40
Carrot	30	10.11	0.30	0.12	2.31
Beetroot	25	10.75	0.40	0.05	2.18
Rucola	35	7.21	0.50	1.43	2.00
Paprika	25	7.05	0.28	0.05	1.60
Salad dressings	5	28.14	0.05	3.03	0.24
Bread assortment	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
Total		719.57	20.44	23.25	97.78
Friday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Bologna sauce with minced meat (GF,LF)	150	230.18	8.48	15.84	14.18
Bologna sauce with zucchini (GF,LF)	150	61.92	2.57	0.40	12.86
Boiled potatoes (GF, LF)	50	52.01	1.33	0.07	11.83
Wholegrain pasta (LF)	50	87.46	2.60	2.38	13.00
Steamed broccoli (GF, LF)	50	22.84	1.54	0.99	2.68
Carrot	30	10.11	0.30	0.12	2.31
Tomato	25	4.73	0.18	0.05	0.93
Spinach	25	5.15	0.35	1.02	1.43
Cucumber	25	2.58	0.15	0.03	0.53
Salad dressings	3	16.88	0.03	1.82	0.14
Bread assortment	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
White radish	50	7.85	0.50	0.05	1.75
Total		728.40	24.29	25.43	105.93
Weekly average:		687.77	22.98	23.28	101.91
10-day average:		690.29	23.15	23.80	99.04

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