

School Weekly Menu for 02 - 06 March 2020
European School

Monday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Turkey sauce	150	162.39	10.96	9.63	8.33
Steamed broccoli and cauliflower (GF,LF)	50	14.44	1.28	0.15	2.74
Boiled buckwheat (GF,LF)	50	59.62	2.08	0.70	11.60
Boiled potatoes (GF, LF)	50	52.01	1.33	0.07	11.83
Beetroot, carrot, leek, paprika	100	32.58	1.43	0.30	6.83
Salad dressings	10	56.28	0.10	6.06	0.47
Seeds mix	5	27.49	1.14	2.19	1.24
Beverage assortment	150	57.60	0.11	0.11	14.04
Bread assortment	60	175.42	5.54	2.46	32.35
Apple and cucumber snacks	150	37.95	0.60	0.35	9.00
Total		675.76	24.56	22.02	98.42
Vegetable paella (GF,LF)	250	307.29	5.86	9.50	50.68
Tuesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Pork risotto (GF,LF)	250	337.11	15.95	8.95	49.18
Roasted beetroot with herbs (GF,LF)	50	30.40	0.96	0.62	5.26
Carrot, pumpkin, tomato, sellery	100	22.03	0.90	0.23	4.95
Salad dressings	10	56.28	0.10	6.06	0.47
Seeds mix	5	2.50	0.55	0.05	0.10
Beverage assortment	150	3.23	0.08	0.01	0.77
Bread assortment	85	249.53	7.26	3.63	45.32
Mandarin and carrot snacks	150	48.23	1.28	0.38	11.10
Total		749.29	27.08	19.92	117.15
Bulgur with vegetables (LF)	250	388.01	7.76	8.58	68.52
Wednesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Hotpot with minced beef meat (GF,LF)	250	185.99	12.69	6.46	21.15
Steamed peas (GF,LF)	50	35.10	2.60	0.20	6.80
Chinese cabbage, cucumber, corn, carrot	100	40.75	1.56	0.40	8.43
Salad dressings	20	112.551	0.197	12.126	0.939
Seeds mix	5	27.49	1.14	2.19	1.24
Beverage assortment	150	38.88	0.29	0.00	9.43
Bread assortment	75	220.17	6.41	3.21	39.99
Pear and tomato snacks	150	45.83	0.83	0.46	10.73
Total		706.76	25.70	25.03	98.70
Vegetable hot pot (no meat) (GF,LF)	250	215.04	5.26	10.11	26.59
Thursday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Vegetable soup with noodles and fish (LF)	250	129.20	9.22	5.45	11.34
Apple bread pudding	90	215.29	4.83	3.15	41.74
Milk	150	79.50	4.50	3.75	7.20
Bread assortment	60	176.14	5.13	2.57	31.99
Orange and cabbage snacks	150	50.25	1.65	0.23	11.70
Total		650.38	25.33	15.14	103.97
Potato cream soup with mushrooms (GF)	250	164.77	3.49	9.07	18.42
Carrot, tomato, broccoli, radish	50	24.75	1.44	0.26	5.06
Salad dressings	5	28.14	0.05	3.03	0.24
Seeds mix	5	27.49	1.14	2.19	1.24
Friday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Baked chicken thigh meat (GF,LF)	50	102.26	10.97	6.54	0.01
Cream sauce with herbs	50	41.74	0.95	3.02	2.83
Steamed peas, corn (GF,LF)	50	42.25	2.06	0.30	8.58
Tumeric rice (GF,LF)	50	68.14	1.35	0.57	14.35
Herb roasted potatoes (GF,LF)	50	64.72	1.42	1.37	12.06
Beetroot, sauerkraut, tomato, beans	100	27.72	1.28	0.18	8.16
Salad dressings	10	56.28	0.10	6.06	0.47
Seeds mix	5	27.49	1.14	2.19	1.24
Beverage assortment	150	2.86	0.10	0.14	0.71
Bread assortment	60	176.14	5.13	2.57	31.99
Apple and radish snacks	150	53.07	0.54	0.46	12.93
Total		662.67	25.04	23.39	93.33
Potato and rice casserole with red lentils (GF,LF)	250	327.12	7.98	13.44	45.07
Weekly average:	688.97	25.54	21.10	102.31	
10-day average:	684.17	25.26	22.05	99.02	

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School

School Canteen Manager

School Weekly Menu for 09 - 13 March 2020
European School

Monday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Homely pork sauce	150	153.91	8.80	10.68	6.23
Steamed green beans (GF,LF)	50	16.38	1.02	0.06	3.84
Boiled buckwheat (GF,LF)	50	59.62	2.08	0.70	11.60
Boiled potatoes (GF, LF)	50	52.01	1.33	0.07	11.83
Iceberg cabbage, carrot, withe radish, pea	100	33.98	2.08	0.28	6.95
Salad dressings	10	56.28	0.10	6.06	0.47
Seeds mix	5	2.50	0.55	0.05	0.10
Beverage assortment	150	2.86	0.10	0.14	0.71
Bread assortment	75	220.17	6.41	3.21	39.99
Pear and turnip snacks	150	54.60	1.05	0.53	13.43
Total		652.30	23.52	21.77	95.15
Creamy lentil - vegetable curry (GF)	150	146.75	8.94	3.41	20.72
Tuesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Chicken and mushroom stew	150	125.67	7.87	5.56	11.62
Roasted celery (GF,LF)	50	18.20	1.06	0.54	3.05
Boiled rice (GF, LF)	50	64.69	1.26	0.54	13.65
Herb roasted potatoes (GF,LF)	50	64.72	1.42	1.37	12.06
Turnip, onion, carrot, tomato	100	50.16	0.91	2.77	6.16
Salad dressings	15	84.41	0.15	9.09	0.70
Seeds mix	5	2.50	0.55	0.05	0.10
Beverage assortment	150	2.86	0.10	0.14	0.71
Bread assortment	80	234.85	6.84	3.42	42.66
Apple and kohlrabi snacks	150	48.45	0.53	0.42	11.93
Total		696.51	20.69	23.91	102.63
Mushroom stew	150	111.11	3.13	8.05	7.17
Wednesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Salmon fillet pieces (GF, LF)	50	116.74	11.14	8.02	0.27
Cream sauce with herbs	50	41.74	0.95	3.02	2.83
Steamed broccoli (GF, LF)	50	15.35	1.53	0.17	2.68
Potato puree (GF)	50	68.61	1.46	2.36	10.64
Cooked rice with vegetables (GF;LF)	50	63.62	1.56	0.53	13.39
Beetroot, corn, white radish, mixed salad leaves	100	44.52	1.76	1.29	9.65
Salad dressings	5	28.14	0.05	3.03	0.24
Seeds mix	5	2.50	0.55	0.05	0.10
Beverage assortment	150	18.23	0.00	0.00	4.49
Bread assortment	80	234.85	6.84	3.42	42.66
Mandarin and cucumber snacks	150	30.68	0.98	0.15	6.90
Total		664.97	26.80	22.04	93.85
Beans and vegetable stew (GF;LF)	150	169.57	6.54	8.20	16.42
Thursday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Pumpkin puree soup with turkey(GF)	250	175.16	8.25	10.39	13.40
Roasted bread cubes	10	43.47	1.48	0.32	8.66
Curd cheese cream (GF)	100	160.57	4.59	5.06	24.38
Beverage assortment	150	78.90	4.62	3.75	6.84
Bread assortment	60	176.14	5.13	2.57	31.99
Melon and carrot snacks	150	45.53	1.20	0.38	10.43
Total		679.76	25.26	22.46	95.70
Pumpkin puree soup (GF; LF)	250	179.35	3.26	11.16	18.89
Cabbage, leek, beetroot, turnip	100	30.72	1.42	0.28	6.48
Salad dressings	5	28.14	0.05	3.03	0.24
Seeds mix	5	27.49	1.14	2.19	1.24
Friday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Pasta with minced meat (LF)	250	360.12	14.51	12.19	47.82
Tomato sauce (LF)	40	22.22	0.54	0.66	3.72
Roasted turnip (GF,LF)	50	27.54	0.62	1.18	4.44
Cabbage, beetroot, onion, carrot	100	32.25	1.22	0.25	6.95
Salad dressings	10	56.28	0.10	6.06	0.47
Seeds mix	5	27.49	1.14	2.19	1.24
Beverage assortment	150	57.60	0.11	0.11	14.04
Bread assortment	35	102.75	2.99	1.50	18.66
Pear and radish snacks	150	43.43	1.05	0.38	10.58
Total		729.67	22.27	24.52	107.92
Pasta with vegetables (LF)	200	280.61	7.80	8.23	43.77
Weekly average:		684.64	23.71	22.94	99.05
10-day average:		686.81	24.63	22.02	100.68

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School Weekly Menu for 16 - 20 March 2020

European School

Monday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Chicken risotto (GF, LF)	250	328.48	14.99	10.86	43.70
Steamed broccoli (GF)	50	15.35	1.53	0.17	2.68
Chinese cabbage, cucumber, white radish, beetroot	100	22.30	1.20	0.18	4.38
Salad dressings	15	84.41	0.15	9.09	0.70
Seeds mix	5	2.50	0.55	0.05	0.10
Beverage assortment	150	18.23	0.00	0.00	4.49
Bread assortment	60	176.14	5.13	2.57	31.99
Mandarin and cauliflower snacks	150	39.30	1.73	0.23	8.78
Total		686.70	25.27	23.14	96.81
Spinach risotto with vegetables (GF)	250	300.48	9.89	9.16	45.45
Tuesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Minced meat and vegetable casserole	250	316.27	13.45	18.56	25.10
Steamed carrot, green peas (GF, LF)	50	25.98	1.55	0.20	5.33
Iceberg cabbage, carrot, white radish, turnip	100	23.87	1.01	0.25	5.34
Salad dressings	5	28.14	0.05	3.03	0.24
Seeds mix	5	2.50	0.55	0.05	0.10
Beverage assortment	150	2.86	0.10	0.14	0.71
Bread assortment	80	234.85	6.84	3.42	42.66
Pear and salad leaves snacks	150	45.90	1.26	1.66	11.19
Total		680.35	24.81	27.31	90.66
Vegetable stew (GF, LF)	250	265.43	6.22	15.08	27.00
Wednesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Stewed pork pieces in frying pan sauce (GF,LF)	150	187.17	16.72	12.48	2.37
Steamed corn, green peas (GF, LF)	50	42.25	2.06	0.30	8.58
Potato puree (GF)	50	68.61	1.46	2.36	10.64
Boiled buckwheat (GF,LF)	50	59.62	2.08	0.70	11.60
Cabbage, carrot, turnip, pea	100	39.60	2.08	0.33	8.50
Salad dressings	10	56.28	0.10	6.06	0.47
Seeds mix	5	27.49	1.14	2.19	1.24
Beverage assortment	150	1.17	0.06	0.02	0.26
Bread assortment	70	205.49	5.98	2.99	37.32
Apple and paprika snacks	150	46.28	0.75	0.35	11.40
Total		733.95	32.42	27.76	92.39
Pea and vegetable stew (GF,LF)	150	116.16	4.69	4.12	16.88
Thursday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Fish solyanka (GF,LF)	250	169.12	10.88	5.31	19.56
Sour cream, F 20 %	10	20.40	0.28	2.00	0.36
Fruit salad (GF,LF)	130	54.28	0.64	0.45	13.23
Whipped cream (GF)	25	88.30	0.63	8.75	1.75
Beverage assortment	150	78.90	4.62	3.75	6.84
Bread assortment	60	176.14	5.13	2.57	31.99
Banana and carrot snacks	150	103.28	1.65	0.53	24.00
Total		690.41	23.81	23.36	97.73
Tomato puree soup with basil (GF,LF)	250	154.52	2.52	9.06	16.89
Iceberg cabbage, beetroot, corn, leek	100	45.88	1.93	0.40	9.23
Salad dressings	5	28.14	0.05	3.03	0.24
Seeds mix	5	27.49	1.14	2.19	1.24
Friday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Turkey sauce with herbs	150	153.88	9.11	10.11	7.02
Steamed cauliflower (GF,LF)	50	13.08	0.96	0.12	2.76
Boiled potatoes (GF, LF)	50	52.01	1.33	0.07	11.83
Cooked pearl cous-cous (GF)	50	62.68	1.92	1.30	10.94
Mixed salad leaves, beetroot, carrot, paprika	100	31.37	1.28	1.22	7.13
Salad dressings	5	28.14	0.05	3.03	0.24
Seeds mix	5	27.49	1.14	2.19	1.24
Beverage assortment	150	38.88	0.29	0.00	9.43
Bread assortment	70	205.49	5.98	2.99	37.32
Apple and paprika snacks	150	46.28	0.75	0.35	11.40
Total		659.30	22.81	21.38	99.30
Chickpeas and carrot curry (GF;LF)	150	147.00	4.23	7.52	15.48
Weekly average:		690.14	25.83	24.59	95.38
10-day average:		687.39	24.77	23.76	97.21

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School Weekly Menu for 23 - 27 March 2020
European School

Saara Pius week

Monday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Stewed turkey meat (GF,LF)	50	76.21	10.27	3.76	0.35
Cream sauce with herbs	50	54.10	0.71	4.56	2.74
Roasted carrot (GF,LF)	50	25.41	0.58	0.90	4.37
Boiled rice (GF, LF)	50	64.69	1.26	0.54	13.65
Boiled potatoes (GF, LF)	50	52.01	1.33	0.07	11.83
Carrot, cabbage, turnip, pea	100	33.19	1.38	0.29	6.67
Salad dressings	10	56.28	0.10	6.06	0.47
Seeds mix	5	27.49	1.14	2.19	1.24
Beverage assortment	150	2.86	0.10	0.14	0.71
Bread assortment	85	249.53	7.26	3.63	45.32
Mandarin and radish snacks	150	39.38	0.75	0.38	9.53
Total		681.14	24.89	22.51	96.87
Lentils with tomato and curry (GF,LF)	150	130.87	10.09	0.69	21.47
Tuesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Pork meat sauce	150	181.90	8.99	13.31	7.05
Steamed green peas (GF,LF)	50	35.10	2.60	0.20	6.80
Boiled buckwheat (GF,LF)	50	59.62	2.08	0.70	11.60
Potato puree (GF)	50	68.61	1.46	2.36	10.64
White radish, cucumber, beetroot, corn	100	41.95	1.56	0.30	8.75
Salad dressings	10	56.28	0.10	6.06	0.47
Seeds mix	5	27.49	1.14	2.19	1.24
Beverage assortment	150	2.86	0.10	0.14	0.71
Bread assortment	60	176.14	5.13	2.57	31.99
Pear and pumpkin snacks	150	51.23	1.50	0.45	12.00
Total		701.15	24.65	28.27	91.26
Bean pilaf (GF;LF)	250	355.31	8.70	9.83	56.39
Wednesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Tuna lasagna	250	374.33	21.41	14.10	41.28
Milk sauce	50	43.34	1.00	3.17	2.88
Steamed broccoli and green beans (GF, LF)	50	14.50	1.19	0.11	2.94
Beetroot, turnip, leek, cranberries	100	31.35	1.25	0.40	7.00
Salad dressings	5	28.14	0.05	3.03	0.24
Seeds mix	5	27.49	1.14	2.19	1.24
Beverage assortment	150	57.60	0.11	0.11	14.04
Bread assortment	30	88.07	2.56	1.28	16.00
Apple and cucumber snacks	150	37.95	0.60	0.35	9.00
Total		702.77	29.31	24.73	94.61
Vegetable lasagna	250	280.44	12.54	12.30	32.95
Thursday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Saara Pius soup recipe					
Lentil - vegetable soup with minced beef meat (GF, LF)	250	171.70	11.50	8.12	14.13
Berry jelly (GF,LF)	150	160.33	3.83	0.02	35.71
Whipped cream with coconut(GF)	20	72.67	0.52	7.20	1.47
Beverage assortment	150	57.60	0.11	0.11	14.04
Bread assortment	50	146.78	4.27	2.14	26.66
Watermelon and turnip snacks	150	48.23	1.13	0.45	10.88
Total		657.30	21.35	18.03	102.89
Lentil - vegetable soup (GF, LF)	250	220.16	7.86	8.16	28.20
Mixed salad leaves, beetroot, onion, white radish	100	26.92	1.30	1.15	5.98
Salad dressings	5	28.14	0.05	3.03	0.24
Seeds mix	5	27.49	1.14	2.19	1.24
Friday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Saara Pius meal recipe					
Vegetable and chickpeas curry with chicken (LF,GF)	150	155.61	10.26	8.38	10.17
Roasted brussels sprouts (GF,LF)	50	28.80	1.75	1.75	2.20
Boiled spaghetti (LF)	50	34.49	1.14	0.53	6.14
Wholegrain rice (GF, LF)	50	60.77	1.10	0.83	11.45
Carrot, broccoli, white radish, cabbage	100	26.00	1.54	0.26	5.49
Salad dressings	10	56.28	0.10	6.06	0.47
Seeds mix	5	27.49	1.14	2.19	1.24
Beverage assortment	150	2.86	0.10	0.14	0.71
Bread assortment	80	234.85	6.84	3.42	42.66
Apple and carrot snacks	150	55.50	0.90	0.57	13.20
Total		682.63	24.87	24.13	93.72
Vegetable and chickpeas curry (LF,GF)	150	111.04	3.71	6.05	11.79
Weekly average:		685.00	25.01	23.53	95.87
10-day average:		687.57	25.42	24.06	95.62

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