

School Lunch Weekly Menu for 1-4 September 2020

European School

Monday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Total					
Tuesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Kanarisoto	250	296.19	13.57	10.65	37.08
Röstitud suvikõrvits	50	39.44	0.95	3.13	2.18
Valge redise - kurgisalat	100	13.78	0.86	0.10	2.98
Porgand, kõrvits, tomat, varsseller	50	11.01	0.45	0.11	2.48
Kastmevalik salatitele	5	28.14	0.05	3.03	0.24
Seemnesegu	5	27.49	1.14	2.19	1.24
Vesi	150	0.00	0.00	0.00	0.00
Pria piimatoode		0.00	0.00	0.00	0.00
Bread assortment	65	190.82	5.55	2.78	34.66
Ploom ja porgandi snäkid	150	57.45	1.28	0.75	12.83
Total		664.31	23.85	22.75	93.67
Risoto seentega	250	259.69	5.18	9.39	39.69
Wednesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Baked coalfish fillet (GF, LF)	50	65.61	9.71	2.95	0.03
Milk sauce	100	86.69	2.00	6.33	5.76
Steamed green peas (GF, LF)	50	35.10	2.60	0.20	6.80
Potato puree (GF)	50	68.61	1.46	2.36	10.64
Wholegrain rice (GF, LF)	50	60.77	1.10	0.83	11.45
Cream soup	50	21.95	0.88	0.22	4.13
Chinese cabbage, cucumber, corn, carrot	100	40.75	1.56	0.40	8.43
Salad dressings	5	28.14	0.05	3.03	0.24
Seeds mix	5	27.49	1.14	2.19	1.24
Beverage assortment	until 250				
Bread assortment	60	176.14	5.13	2.57	34.99
Pear and tomato snacks	150	45.83	0.83	0.46	10.73
Total		657.06	26.44	21.52	94.42
Bean patty (Vegan)	250	331.98	12.55	8.96	47.96
Thursday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Homely meatball's soup (LF)	250	265.54	10.16	13.29	26.48
Kama curd cream with berries	100	145.74	5.12	1.75	27.24
Beverage assortment	150	78.60	4.74	3.75	6.63
Bread assortment	60	176.14	5.13	2.57	34.99
Orange and cabbage snacks	150	50.25	1.65	0.23	11.70
Total		716.27	26.79	21.58	107.05
Cabbage soup (no meat) (GF, LF)	250	125.60	2.19	6.53	15.91
Wholegrain rice (GF, LF)	50	60.77	1.10	0.83	11.45
Carrot, tomato, broccoli, radish	100	40.75	1.56	0.40	8.43
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-noodle dish with vegetables (LF)	250	325.05	10.67	16.11	30.01
Baked pumpkin (GF, LF)	50	25.02	0.47	1.57	2.79
Cream soup	50	17.42	0.50	0.18	4.08
Beetroot, sauerkraut, tomato, beans	100	27.73	1.28	0.18	5.68
Salad dressings	5	28.14	0.05	3.03	0.24
Seeds mix	5	27.49	1.14	2.19	1.24
Beverage assortment	until 250				
Bread assortment	60	176.14	5.13	2.57	34.99
Apple and radish snacks	150	53.07	0.54	0.46	12.93
Total		680.05	19.78	26.28	91.94
Vegetable wok (LF,GF)	250	134.00	3.62	7.11	17.00
Weekly average:		679.42	24.21	23.03	96.77
10-day average:					

For more information on the name of the food and allergenic or intolerable ingredients, please ask the chef or send an e-mail to ljubov.kaho@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 07-11 September 2020

European School

Monday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Minced beef meat sauce	150	164.11	13.72	10.03	5.03
Steamed green beans (GF, LF)	50	16.38	1.02	0.06	3.84
Cooked rice with vegetables (GF,LF)	50	63.62	1.56	0.53	13.39
Boiled buckwheat (GF,LF)	50	59.62	2.08	0.70	11.60
Cream soup	50	22.26	0.65	1.55	1.81
Cabbage, beetroot, onion, carrot	100	32.25	1.23	0.25	6.95
Salad dressings	5	28.14	0.05	3.03	0.24
Seeds mix	5	27.49	1.14	2.19	1.24
Beverage assortment	until 250				
Bread assortment (5 choices)	65	190.82	5.55	2.78	36.66
Pear and turnip snacks	150	54.60	1.05	0.53	13.43
Total		659.28	28.06	21.64	94.18
Beans and vegetable stew (GF,LF)	150	101.74	3.92	4.92	9.85
Tuesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Hake fillet with dill and lemon juice (GF, LF)	50	89.11	10.49	5.23	0.09
Cream sauce with herbs	100	108.19	1.41	9.11	5.47
Steamed cauliflower with butter and fresh dill (GF, LF)	50	18.20	1.06	0.54	3.05
Boiled potatoes (GF, LF)	50	52.01	1.33	0.07	11.83
Wholegrain rice (GF, LF)	50	64.69	1.26	0.54	13.65
Cream soup	50	34.24	0.91	2.18	3.07
Turnip, onion, carrot, tomato	100	50.16	0.91	2.77	6.16
Salad dressings	5	28.14	0.05	3.03	0.24
Seeds mix	5	27.49	1.14	2.19	1.24
Beverage assortment	until 250				
Bread assortment	65	190.82	5.55	2.78	36.66
Apple and kohlrabi snacks	150	48.45	0.53	0.42	11.93
Total		711.50	24.64	28.86	93.37
Ratatouille	250	60.25	3.49	0.53	12.36
Wednesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Baked chicken meat (GF, LF)	50	71.71	11.61	2.56	0.50
Curry sauce	100	88.65	2.74	5.40	7.58
Steamed corn (GF, LF)	50	49.40	1.51	0.39	10.35
Boiled pasta (LF)	50	79.84	2.08	1.47	14.30
Potato puree (GF)	50	68.61	1.46	2.36	10.64
Cream soup	50	33.74	0.52	2.18	3.66
Beetroot, sauerkraut, tomato, beans	100	27.73	1.28	0.18	5.68
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	78.60	4.74	3.75	6.63
Bread assortment	50	146.78	4.27	2.14	30.66
Plum and cucumber snacks	150	39.90	0.98	0.53	8.63
Total		740.57	32.37	26.16	100.10
Cauliflower and lentil pilaf (GF,LF)	250	328.84	13.75	4.57	59.35
Thursday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Broccoli puree soup with turkey meat (GF)	250	219.11	10.28	12.32	14.46
Roasted bread cubes	10	43.47	1.48	0.32	8.66
Yogurt - strawberry jelly (GF)	150	156.60	4.79	5.06	22.92
Berry sauce	25	31.21	0.11	0.01	7.50
Beverage assortment	until 250				
Bread assortment	60	176.14	5.13	2.57	34.99
Melon and carrot snacks	150	45.53	1.20	0.38	10.43
Total		672.06	22.98	20.65	98.96
Broccoli puree soup (GF)	250	185.19	4.55	11.10	18.69
Wholegrain rice (GF, LF)	50	60.77	1.10	0.83	11.45
Cabbage, leek, beetroot, turnip	100	30.73	1.43	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)
Hotpot with pork (GF,LF)	250	217.13	11.64	10.63	20.74
Steamed green peas (GF,LF)	50	35.10	2.60	0.20	6.80
Cream soup	50	21.50	0.80	0.10	4.35
Chinese cabbage, cucumber, corn, carrot	100	40.75	1.56	0.40	8.43
Salad dressings	15	84.41	0.15	9.09	0.70
Seeds mix	5	27.49	1.14	2.19	1.24
Beverage assortment	until 250				
Bread assortment	60	176.14	5.13	2.57	34.99
Pear and radish snacks	150	49.58	1.13	0.45	12.00
Total		652.10	24.14	25.62	89.25
Hot pot with chickpeas (GF,LF)	250	215.04	5.26	10.11	13.65
Weekly average:		687.10	26.44	24.58	95.17
10-day average:		683.26	25.33	23.81	95.97

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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 14-18 September 2020

European School

Monday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Chicken stroganoff	150	158.71	12.11	8.61	8.50
Roasted turnip	50	27.54	0.62	1.18	4.44
Tumeric rice (GF, LF)	50	68.14	1.35	0.57	14.35
Boiled buckwheat (GF,LF)	50	59.62	2.08	0.70	11.60
Cream soup	50	25.23	0.55	1.19	3.67
Chinese cabbage, cucumber, white radish, beetroot	100	22.30	1.20	0.18	4.38
Salad dressings	10	56.28	0.10	6.06	0.47
Seeds mix	5	27.49	1.14	2.19	1.24
Bread assortment	60	176.14	5.13	2.57	34.99
Beverage assortment	until 250				
Plum and cauliflower snacks	150	48.53	1.73	0.60	10.50
Total		669.97	26.00	23.84	94.14
Mushroom-vegetable mish mash (GF,LF)	150	73.78	2.44	3.63	9.51
Tuesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Couscous with turkey and chilli vegetables (LF)	250	327.59	9.12	11.16	42.96
Steamed cauliflower, carrot, green peas (GF, LF)	50	16.79	0.94	0.16	3.60
Cream soup	50	22.76	0.55	1.35	2.63
Iceberg cabbage, carrot, with radish, turnip	100	24.08	1.03	0.25	5.38
Salad dressings	5	28.14	0.05	3.03	0.24
Seeds mix	5	27.49	1.14	2.19	1.24
Bread assortment	50	146.78	4.27	2.14	30.66
Beverage assortment	150	78.60	4.74	3.75	6.63
Pear and cucumber snacks	150	39.38	0.75	0.38	9.53
Total		711.59	22.58	24.40	102.86
Couscous chilli vegetables (LF)	250	346.72	8.69	14.07	48.12
Wednesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Baked salmon (GF, LF)	50	116.74	11.14	8.02	0.27
Cream sauce with herbs	100	83.48	1.90	6.04	5.67
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
Wholegrain rice (GF, LF)	50	60.77	1.10	0.83	11.45
Cream soup	50	30.25	0.74	1.11	4.60
Cabbage, carrot, turnip, peas	100	39.60	2.08	0.33	8.50
Salad dressings	5	28.14	0.05	3.03	0.24
Seeds mix	5	27.49	1.14	2.19	1.24
Beverage assortment	until 250				
Bread assortment	60	176.14	5.13	2.57	34.99
Apple and paprika snacks	150	46.28	0.75	0.35	11.40
Total		692.84	27.00	26.99	91.67
Vegetable - lentil goulash (GF,LF)	150	205.13	7.68	8.11	23.30
Thursday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Borsch with pork (GF; LF)	250	191.82	7.58	10.16	17.99
Sour cream (GF)	20	40.80	0.56	4.00	0.72
Cocoa - yogurt dessert (GF)	120	156.20	6.60	3.68	23.44
Jam	10	18.10	0.04	0.00	4.50
Beverage assortment	150	78.60	4.74	3.75	6.63
Bread assortment	40	117.43	3.42	1.71	21.33
Banana and carrot snacks	150	103.28	1.65	0.53	24.00
Total		706.22	24.58	23.83	98.60
Vegetable borsch (GF; LF)	250	157.82	2.33	7.80	20.16
Wholegrain rice (GF, LF)	50	60.77	1.10	0.83	11.45
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)
Pasta with ground beef meat (LF)	250	360.12	14.51	12.19	47.82
Tomato sauce (LF)	50	27.77	0.68	0.83	4.65
Steamed peas and corn (GF,LF)	50	42.25	2.06	0.30	8.58
Cream soup	50	22.17	0.53	1.35	2.47
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	until 250				
Bread assortment	40	117.43	3.42	1.71	21.33
Apple and turnip snacks	150	53.18	0.90	0.50	12.90
Total		709.91	24.56	23.30	106.36
Pasta with vegetables (LF)	250	350.77	9.75	10.29	54.71
Weekly average:		698.11	24.94	24.47	98.73
10-day average:		692.60	25.69	24.53	96.95

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School

School Canteen Manager

School Lunch Weekly Menu for 21-25 September 2020
European School

Theme days: Stars on your plate

Monday	Quantity (g):	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Creamy turkey sauce	150	144.35	9.41	7.96	9.31
Steamed broccoli and green beans (GF, LF)	50	14.50	1.19	0.11	2.94
Boiled buckwheat (GF,LF)	50	59.62	2.08	0.70	11.60
Wholegrain rice (GF, LF)	50	64.69	1.26	0.54	13.65
Cream soup	50	13.76	0.50	0.13	3.14
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	until 250				
Bread assortment	60	176.14	5.13	2.57	34.99
Pear and red cabbage snack	150	51.23	1.50	0.45	12.00
Total		611.26	23.51	18.08	96.11
Lentils with tomato and curry (GF,LF)	150	177.23	10.09	5.93	21.47
Tuesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Baked rockfish fillet (GF,LF)	50	95.79	10.89	5.83	0.01
Cream sauce with dill	100	108.30	1.42	9.11	5.50
Roasted brussels sprouts (GF,LF)	50	28.80	1.75	1.75	2.20
Boiled bulgur (LF)	50	65.80	1.73	0.19	13.60
Cooked rice with vegetables (GF,LF)	50	63.62	1.56	0.53	13.39
Cream soup	50	21.35	0.41	1.09	2.95
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
Beverage assortment	150	78.90	4.62	3.75	6.84
Bread assortment	50	146.78	4.27	2.14	30.66
Apple and carrot snacks	150	55.50	0.90	0.57	13.20
Total		747.39	30.05	31.32	95.80
Cabbage-wild mushroom stew (GF,LF)	150	96.05	3.84	5.36	10.01
Wednesday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Stewed pork with mustard (GF,LF)	50	93.49	10.13	5.63	0.74
Mushroom sauce	100	84.47	1.16	7.21	3.91
Baked carrot (GF,LF)	50	25.41	0.58	0.90	4.37
Potato puree (GF)	50	68.61	1.46	2.36	10.64
Boiled pasta (LF)	50	79.84	2.08	1.47	14.30
Cream soup	50	27.19	0.60	1.10	3.76
Cabbage, carrot, turnip, peas	100	39.60	2.08	0.33	8.50
Salad dressings	5	28.14	0.05	3.03	0.24
Seeds mix	5	27.49	1.14	2.19	1.24
Beverage assortment	until 250				
Bread assortment	50	146.78	4.27	2.14	30.66
Plum and white radish snacks	150	43.95	1.28	0.53	9.68
Total		664.96	24.82	26.87	88.03
Baked vegetables with mustard and thyme (GF,LF)	150	125.67	2.10	6.03	17.29
Thursday	Quantity (g)	Kcal	Proteins (g)	Fats (g)	Carbohydrates (g)
Saara Pius soup and dessert recipes					
Ground beef and lentil soup (GF,LF)	250	237.27	13.65	13.80	15.55
Berry jelly	150	160.33	3.83	0.02	35.71
Whipped cream with coconut	20	72.67	0.52	7.20	1.47
Beverage assortment	150	78.60	4.74	3.75	6.63
Bread assortment	50	146.78	4.27	2.14	30.66
Watermelon and turnip snacks	150	48.23	1.13	0.45	10.88
Total		743.87	28.13	27.35	100.90
Potato cream soup with mushrooms (GF)	250	164.77	3.49	9.07	18.42
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	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 recipe					
Vegetable and chickpea curry with chicken (GF,LF)	150	155.61	10.26	8.38	10.17
Roasted celery (GF,LF)	50	28.99	0.82	1.64	3.50
Wholegrain rice (GF, LF)	50	60.77	1.10	0.83	11.45
Boiled potatoes (GF,LF)	50	52.01	1.33	0.07	11.83
Cream soup	50	36.77	0.61	2.20	4.33
White radish, cucumber, beetroot, corn	100	41.95	1.56	0.30	8.75
Salad dressings	5	28.14	0.05	3.03	0.24
Seeds mix	5	27.49	1.14	2.19	1.24
Beverage assortment	until 250				
Bread assortment	60	176.14	5.13	2.57	34.99
Pear and salad leaves snacks	150	45.90	1.26	1.66	11.19
Total		653.75	23.25	22.85	97.68
Chickpeas and carrot curry (GF,LF)	150	147.00	4.23	7.52	15.48
Weekly average:		684.25	25.95	25.29	95.70
10-day average:		691.18	25.45	24.88	97.21

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School

School Canteen Manager