

WEEKLY MENU



School

11.10-15.10.2021

	Breakfast	Lunch	Afternoon snack	Nutritional values
<b>M O N D A Y</b>	<p>3-grain porridge(LAC,GL)200g Butter(LAC) 15g, Egg porridge(E,LAC) 200g, Bread(GL), ham, cheese(LAC)120g, Oven baked brown bread(GL) with cheese (LAC))120g, Chinese cabbage - paprika salad 30g, Multi-grain muesli with yogurt(LAC,GL) 200g, Apple(PRIA) 50g</p>	<p>Casserole with minced meat, paprika and chickpeas 170g, <b>V: Casserole with paprika and chickpeas 220g,</b> Boiled whole grain spaghetti(GL) 80g, Boiled buckwheat 80g, Cucumber slices with dill 40g, Red cabbage and green onion salad 40g, Turnip salad with sunflower seeds 40g, Milk (PRIA)(LAC) 250g, 6 choices of bread and brown bread(GL) 50g</p>	<p>Oven baked potatoes with ham 200g, Sour cream(LAC) 20g, Tomato-cucumber salad with green onions 30g, Brown bread(GL) 20g, Kefir(PRIA)(LAC) 200g</p>	<p>Energy: 671,23kcal Carbohydrates: 95,60g Proteins: 25,20 g Fats:23,50 g</p>
<b>T U E S D A Y</b>	<p>Lentil porridge(LAC,) 200g Butter(LAC) 15g, Boiled egg(E) 100g, White bread(GL), skyri(LAC), ham and cheese(LAC) 120g, Oven baked brown bread(GL) with cheese (LAC)120g, Cornflakes with milk(PRIA)(LAC)200g, Tomato(PRIA) 50g</p>	<p>Peas risotto with chicken(GL) 300g, <b>V: Form dish with cauliflower and thyme220g,</b> Boiled quinoa 80g Two cabbage- carrot salad with sunflower seeds 40g, Tomato salad with red onion and pomegranate 40g, Iceberg lettuce salad with cowberry 40g, Flavoured water with berries 250g, Milk (PRIA)(LAC) 150g, 6 choices of bread and brown bread(GL) 50g</p>	<p>Buckwheat dish with minced meat 200g, Creamy herb sauce(LAC)40g, Radish-cabbage salad 30g, Brown bread(GL)20g, Milk(PRIA)(LAC) 200g</p>	<p>Energy: 715,01 kcal Carbohydrates: 99,20g Proteins: 27,80g Fats: 24,90g</p>
<b>W E D N E S D A Y</b>	<p>Whole grain oatmeal porridge(LAC,GL) 200g, Butter(LAC) 15g, Raw jam 25g, Oven baked omlette with tomato (E,LAC)200g, Bread(GL), ham, cheese(LAC)120g, Oven baked brown bread(GL) with cheese (LAC)120g, Radish-chinese cabbage salad 30g, Multi-grain muesli with yogurt(LAC,GL) 200g, Pear(PRIA) 50g</p>	<p>Creamy salmon soup(LAC) 370g, <b>V: Corn puree soup with potatoes and crispy croutons(GL) 370g,</b> Curd with berry jelly(LAC) 160g, Cabbage salad with dill 40g, Carrot salad with chickpeas 40g, Green salad with pumpkin seeds 40g, Flavoured water with lemon 250g, 6 choices of bread and brown bread(GL) 50g</p>	<p>Chicken and rice salad(LAC,GL) 200g, Brown bread(GL) 20g, Kefir(PRIA)(LAC) 200g</p>	<p>Energy: 744,30kcal Carbohydrates: 95,60g Proteins:25,30g Fats: 26,90g</p>

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<p><b>T H U R S D A Y</b></p>	<p>Millet porridge(LAC,) 200g, Butter(LAC)15g, Cottage cheese(LAC) 25g, Egg porridge(E,LAC) 200g Bread(GL),skyri(LAC), ham and cheese(LAC) 120g, Oven baked brown bread(GL) with cheese (LAC)120g, Cornflakes with milk(PRIA)(LAC)200g, Cucumber(PRIA) 50g</p>	<p>Pork stew with beans 170g, <b>V: Mushroom orsotto(GL) 220g,</b> Steamed whole grain rice(GL) 80g, Steamed lentils 80g, Carrot -apple salad 40g, Tomato salad wiht sour cream(LAC) 40g, Chinese cabbage- cucumber salad 40g, Milk(PRIA)(LAC) 150g, Flavoured water with raspberries 150g, 6 choices of bread and brown bread(GL) 50g</p>	<p>Whole grain pasta with chicken and cheese(LAC,GL)200g, Paprika-chinese cabbage salad 30g, Brown bread(GL)20g, Milk(PRIA)(LAC) 200g</p>	<p>Energy: 686.00kcal Carbohydrates: 97,20 g Proteins: 25,50g Fats: 23,20g</p>
<p><b>F R I D A Y</b></p>	<p>Buckwheat flake porridge (LAC,) 200g, Sour cream(LAC) 20g, Boiled egg(E) 100g, Rye flour toast(GL), ham, cheese(LAC)120g, Oven baked brown bread(GL) with cheese (LAC)120g, Tomato(PRIA) 30g, Multi-grain muesli with yogurt(LAC,GL) 200g, Apple(PRIA) 50g</p>	<p>Vegetables with chicken and coconut milk 170g, <b>V: Chickpeas with coconut milk 170g,</b> Steamed potatoes 80g, Steamed couscous(GL)80g, Carrot-cucumber and tomato salad with red onions 40g, Chinese cabbage, cuccumber, corn salad 40g, Cucumber-radish salad with yoghurt(LAC) 40g, Kefir(PRIA)(LAC)150g, Juice drink 150g, 6 choices of bread and brown bread(GL)50g</p>	<p>Oven baked brown bread with cheese (GL,LAC))120g, Milk(PRIA)(LAC) 200g, Apple(PRIA) 50g</p>	<p>Energy: 706,30kcal Carbohydrates: 107,00g Proteins: 25,00g Fats: 22,80 g</p>

\* Information about food ingredients and allergens you can ask the service provider.

LAC-Lactose / GL-Gluten / E-Egg products