

School Lunch Weekly Menu 30.09.2024 - 04.10.2024

Grupp

vanus 10-12

Monday, 30.September	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Hungarian chicken paprikash	150	169	12.12	10.26	7.66	
Cold sour cream sauce	100	104	3.03	8.23	4.70	2
Steamed broccoli	50	15	1.53	0.17	2.68	
Steamed buckwheat	50	60	2.08	0.70	11.60	
Steamed potatoes	50	52	1.33	0.07	11.83	
Beetroot salad with caraway seeds	60	38	1.05	1.45	5.30	
Carrot and garden pea salad	60	44	0.73	2.64	5.18	
Chinese cabbage salad with corn	60	40	1.05	2.61	3.43	
Mixed seeds	3	16	0.68	1.31	0.74	11
Choice of dressing for salads	3	17	0.03	1.83	0.07	10,2
Raisins	20	65	0.42	0.08	15.50	
Tap water	150	0	0	0	0	
Dairy Products (Drinks)	0	0	0	0	0	2
Variety of bread	20	57	1.64	0.67	10.65	1;11;2
Apple and swede snacks	150	53	0.90	0.50	12.90	
Total :	731	26.59	30.52	92.24		
Couscous with vegetables	250	348	8.75	14.08	48.43	1

Tuesday, 1.October	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Beetroot and quark patties	50	61	3.86	2.09	6.57	1;2;3
Cold yoghurt sauce	100	52	3.21	2.45	4.39	2
Baked carrot (GF,LG)	50	24	0.60	0.71	4.42	
Herb roasted potatoes	50	65	1.42	1.37	12.06	
Cooked lentils	50	79	5.42	0.38	11.78	
Daikon and cucumber salad	60	8	0.51	0.06	1.79	
Cabbage and pumpkin salad	60	32	0.58	2.20	2.99	
Swede salad with orange	60	44	0.64	2.54	5.32	
Mixed seeds	3	16	0.68	1.31	0.74	11
Choice of dressing for salads	5	28	0.06	3.04	0.12	10,2
Raisins	15	48	0.32	0.06	11.62	
Tap water	150	0	0	0	0	
Dairy Products (Drinks)	150	82	4.86	3.94	6.86	2
Variety of bread	30	86	2.46	1.01	15.97	1;11;2
Plum and kohlrabi snacks	150	50	0.90	0.60	11.55	
Total :	676	25.52	21.76	96.18		
Vegetable curry with beans	150	152	5.28	8.33	15.87	2

Wednesday, 2.October	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Crispy fish breaded in rice flour	50	109	8.39	3.11	11.91	3;4
Bechamel sauce	100	70	3.41	2.37	9.09	1;2
Steamed green beans	50	16	1.02	0.06	3.84	
Steamed rice	50	65	1.26	0.54	13.65	
Pearl (Israeli) Couscous	50	63	1.92	1.30	10.94	1
Carrot and zucchini salad	60	28	0.66	1.40	3.77	
Daikon salad	60	23	0.61	1.57	2.08	
Pumpkin salad with raisins	60	21	0.52	0.08	5.02	
Mixed seeds	10	55	2.28	4.37	2.48	11
Choice of dressing for salads	10	56	0.12	6.09	0.24	10;2
Raisins	8	26	0.17	0.03	6.20	
Tap water	150	0	0	0	0	
Dairy Products (Drinks)	0	0	0	0	0	2
Variety of bread	40	115	3.28	1.34	21.30	1;11;2
Apple and cucumber snacks	150	38	0.60	0.34	9.00	
Total :	685	24.24	22.60	99.52		
Lentil and cauliflower pilaf	250	329	13.75	4.57	59.35	

Thursday, 3.October	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Chicken and potato casserole	250	273	17.16	9.24	31.98	
Beetroot-cottage cheese cold sauce	100	90	7.21	3.64	3.84	2;3
Roasted zucchini	50	39	0.95	3.13	2.18	
Swede salad	60	19	0.57	0.17	4.54	
Beetroot salad (with garlic)	60	36	0.95	1.32	5.17	
Aisberg salad with cucumber	60	20	0.61	1.31	1.73	
Mixed seeds	3	16	0.68	1.31	0.74	11
Choice of dressing for salads	4	22	0.05	2.44	0.10	10;2
Raisins	13	42	0.27	0.05	10.07	
Tap water	150	0	0	0	0	
Dairy Products (Drinks)	0	0	0	0	0	2
Variety of bread	20	57	1.64	0.67	10.65	1;11;2
Banana and carrot snacks	150	103	1.65	0.52	24.00	
Total :	719	31.74	23.80	95.00		
Carrot vegetarian meatloaf	50	58	2.06	2.26	7.91	1;2;3
Steamed potatoes	50	52	1.33	0.07	11.83	
Cooked barley	50	57	1.45	0.35	12.39	1

Friday, 4.October	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Oven ribs	50	68	4.16	2.93	6.24	
Tomato sauce	100	56	1.38	1.66	9.49	
Roasted celeriac (GF,LF)	50	29	0.82	1.64	3.50	9
Herb roasted potatoes	50	65	1.42	1.37	12.06	
Steamed rice	50	65	1.26	0.54	13.65	
Chinese cabbage salad with dill	60	23	0.97	1.38	1.98	
Swede salad	60	19	0.57	0.17	4.54	
Carrot and leek salad	60	31	0.68	1.43	4.54	
Mixed seeds	10	55	2.28	4.37	2.48	11
Choice of dressing for salads	10	56	0.12	6.09	0.24	10;2
Raisins	8	26	0.17	0.03	6.20	
Tap water	150	0	0	0	0	
Dairy Products (Drinks)	0	0	0	0	0	2
Variety of bread	40	115	3.28	1.34	21.30	1;11;2
Apple and daikon snacks	150	53	0.54	0.46	12.93	
Total :	660	17.65	23.41	99.15		
Potato - cauliflower form	250	264	12.20	13.32	25.51	1;2;3;7;8

Weekly average :	694	25.15	24.42	96.42
10 day average :	697	24.91	24.61	96.34

For more detailed information about the food names, ingredients and allergens please ask the service staff or contact via email: tootearendus@balticrest.com
 Drinking water is available free of charge every day in the school canteen.
 We offer up to 0.25 liters of milk or dairy products per school day per student.
 We have joined the European Union's School Milk and Fruit Scheme.
 School Canteen Manager