

Weekly menu 09.09-13.09.2024

Name Template

Monday, 9.September		Amounts, g
Breakfast	Rye porridge, butter, strawberries, dairy Products (Drinks), cauliflower snack	250/10/20/150/50
Lunch	Chicken Tikka Masala, steamed rice, chinese cabbage salad with cucumber, berry and kefir coccktail, breads	150/150/50/150/40
Dinner	Vegetable broth, breads, banana snack	200/50/50

Tuesday, 10.September		Amounts, g
Breakfast	Eight grain porridge, butter, mixed berry quick jam, dairy Products (Drinks), swede snack	250/20/10/150/50
Lunch	Chilli sin Carne, steamed potatoes, cucumber-zucchini salad with herbs, caramel custard, strawberry row jam , breads	150/150/50/150/20/20
Dinner	Cheese and tomato potato bake, juice drink, breads, apples	200/150/20/50

Wednesday, 11.September		Amounts, g
Breakfast	Rice porridge, butter, jam, dairy Products (Drinks), cucumber snack	250/10/20/150/50
Lunch	Crispy fish finger, cold sour cream sauce, cooked pasta, swede and carrot salad, cranberry kissel, breads	60/50/150/50/150/20
Dinner	Ground meat vegetable soup, breads, watermelon snack	200/20/50

Thursday, 12.September		Amounts, g
Breakfast	Scrambled eggs, rye sandwich with fresh cucumber, dairy Products (Drinks), carrots	130/30/150/50
Lunch	Ground beef burrito, swede, cauliflower and pepper salad, , breads	250/50/150/50
Dinner	Potato casserole with broccoli , juice drink, breads, apples	200/150/40/50

Friday, 13.September		Amounts, g
Breakfast	Whole oat porridge, butter, jam, dairy Products (Drinks), kohlrabi	250/15/5/150/50
Lunch	Pizza with chicken, cabbage salad with cucumber, blackcurrant drink, breads	250/50/150/15
Dinner	Cinnamon swirl, juice drink, plums	100/150/50

For more detailed information about the food names, ingredients and allergens please ask the service staff or contact via email: tootearendus@balticrest.com

The juice drinks offered on the menu are made from concentrated juice without added sugar.

We have joined the European Union's School Milk and Fruit Scheme.