

Weekly menu 30.09-04.10.2024

Name Template

Monday, 30. September		Amounts, g
Breakfast	Barley porridge, butter, strawberries, dairy Products (Drinks), swede snack	250/15/15/150/50
Lunch	Hungarian chicken paprikash, steamed buckwheat, beetroot salad with caraway seeds, blackcurrant yoghurt cocktail, breads	150/150/50/150/20
Dinner	Pea soup without meat, breads, apples	200/25/50

Tuesday, 1. October		Amounts, g
Breakfast	Sweet breakfast polenta, butter, cranberry puree, dairy Products (Drinks), kohlrabi	250/14/10/150/50
Lunch	Beetroot and quark patties, cold yoghurt sauce, herb roasted potatoes, daikon and cucumber salad, pumpkin and apple cream with butter breadcrumbs, breads	60/50/150/50/130/15
Dinner	Macaroni cheese, juice drink, breads, plums	200/150/15/50

Wednesday, 2. October		Amounts, g
Breakfast	4 grain porridge, butter, jam, dairy Products (Drinks), cucumber snack	250/10/15/150/50
Lunch	Crispy fish breaded in rice flour, bechamel sauce, steamed rice, carrot and zucchini salad, mixed seeds, kissel, breads	60/50/150/50/10/150/40
Dinner	Creamy pork soup, breads, apples	200/40/50

Thursday, 3. October		Amounts, g
Breakfast	Wheat porridge, butter, apple puree, dairy Products (Drinks), carrots	250/10/20/150/50
Lunch	Chicken and potato casserole, swede salad, kefir jelly, quick jam, breads	250/50/150/20/15
Dinner	One-Pot stewed buckwheat and ground meat, juice drink, breads, banana snack	200/150/15/50

Friday, 4. October		Amounts, g
Breakfast	Milk- 8 grain soup, butter, seed bread with herb cream cheese, daikon	250/15/30/50
Lunch	Oven Ribs, tomato sauce, herb roasted potatoes, chinese cabbage salad with dill, mixed berry drink, breads	60/50/150/50/150/50
Dinner	"Pear Garden" cake, dairy Products (Drinks), apples	90/150/50

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.