

School Lunch Weekly Menu 09.09.2024 - 13.09.2024

Grupp

vanus 10-12

Monday, 9.September	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Chicken Tikka Masala	150	204	9.46	13.40	10.32	2
Yoghurt - curry sauce	60	27	1.67	1.30	2.26	2
Roasted brussels sprouts	50	29	1.75	1.75	2.20	
Steamed rice	50	65	1.26	0.54	13.65	
Boiled bulgur	50	66	1.73	0.19	13.60	1
Chinese cabbage salad with cucumber	60	22	0.83	1.35	1.82	
Carrot and cranberry salad	60	44	0.52	2.95	4.64	
Daikon salad with sour cream dressing	60	27	0.78	1.86	2.17	2
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	25	81	0.52	0.10	19.38	
Tap water	150	0	0	0	0	
Dairy Products (Drinks)	0	0	0	0	0	2
Variety of bread	15	43	1.23	0.50	7.99	1;11;2
Banana and Cauliflower Snacks	150	94	2.10	0.38	21.68	
Total :	734	22.56	27.46	100.52	48.43	
Couscous with vegetables	250	348	8.75	14.08	48.43	1

Tuesday, 10.September	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Chilli sin Carne	150	129	4.84	4.39	19.33	
Creamy dill sauce	60	65	0.86	5.47	3.38	1;2
Roasted swede	50	28	0.62	1.18	4.44	
Cooked lentils	50	79	5.42	0.38	11.78	
Steamed potatoes	50	52	1.33	0.07	11.83	
Cucumber-zucchini salad with herbs	60	22	0.54	1.58	1.59	
Pumpkin salad with black currant	60	17	0.49	0.08	4.35	
Beet - cottage cheese salad	60	45	2.40	2.04	3.83	1;2;8
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	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	15	43	1.23	0.50	7.99	1;11;2
Apple and swede snacks	150	53	0.90	0.50	12.90	
Total :	698	24.52	23.33	100.71	32.67	
Vegetable stir-fry noodles	250	245	5.69	10.67	32.67	1;7

Wednesday, 11.September	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Crispy fish finger	50	72	10.59	0.82	5.66	1;2;3;4
Cold sour cream sauce	100	104	3.03	8.23	4.70	2
Steamed green beans	50	16	1.02	0.06	3.84	
Cooked pasta	50	80	2.08	1.47	14.30	1
Quinoa	50	0	0	0	0	
Swede and carrot salad	60	21	0.60	0.21	4.88	
Daikon and cucumber salad	60	8	0.51	0.06	1.79	
Sauerkraut salad	60	26	0.63	1.03	3.67	
Mixed seeds	3	16	0.68	1.31	0.74	11
Choice of dressing for salads	10	56	0.12	6.09	0.24	10,2
Raisins	30	97	0.63	0.12	23.25	
Tap water	150	0	0	0	0	
Dairy Products (Drinks)	0	0	0	0	0	2
Variety of bread	50	144	4.10	1.68	26.62	1;11;2
Watermelon and cucumber snacks	150	33	0.82	0.30	6.98	
Total :	674	24.81	21.38	96.67	38.64	
Asian style rice noodles (Vegan)	250	287	8.13	6.28	38.64	11

Thursday, 12.September	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Ground beef burrito	250	414	20.32	8.65	27.33	1;2
Tomato sauce	60	35	0.61	1.64	4.66	
Baked carrot (GF, LG)	50	24	0.60	0.71	4.42	
Swede, cauliflower and pepper salad	60	26	0.68	0.76	4.80	
Pumpkin and apple salad	60	27	0.37	0.71	5.42	
Beet salad with cucumber	60	33	0.82	1.30	4.24	
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	5	16	0.10	0.02	3.88	
Tap water	150	0	0	0	0	
Dairy Products (Drinks)	0	0	0	0	0	2
Variety of bread	15	43	1.23	0.50	7.99	1;11;2
Apple and carrot snacks	150	56	0.90	0.57	13.20	
Total :	707	26.34	18.00	76.75	48.71	
Stuffed peppers with couscous (Vegan)	250	256	8.19	4.15	48.71	1
Potato and swede mash	50	42	0.78	2.29	5.17	2
Cooked barley	50	57	1.45	0.35	12.39	1

Friday, 13.September	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Pizza with chicken	250	393	20.51	11.92	51.81	2
Lemon-yoghurt sauce	60	35	1.79	1.36	3.83	2
Steamed cauliflower	50	13	0.96	0.12	2.76	
Cabbage salad with cucumber	60	27	0.64	1.61	2.97	
Carrot and cauliflower salad	60	40	0.62	2.61	4.38	
White radish salad with sour cream	60	27	0.78	1.86	2.17	2
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	15	48	0.32	0.06	11.62	
Tap water	150	0	0	0	0	
Dairy Products (Drinks)	0	0	0	0	0	2
Variety of bread	15	43	1.23	0.50	7.99	1;11;2
Plum and kohlrabi snacks	150	50	0.90	0.60	11.55	
Total :	710	28.46	23.78	99.89	10.20	
Falafel	50	60	2.72	0.62	10.20	1
Pearl (Israeli) Couscous	50	63	1.92	1.30	10.94	1
Steamed buckwheat	50	60	2.08	0.70	11.60	

Weekly average :	705	25.34	22.79	94.91
10 day average :	695	24.34	23.68	95.04

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