

School Lunch Weekly Menu 28.10.2024 - 01.11.2024

Grupp

vanus 10-12

	Monday, 28.October	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Chicken tomato pasta		250	373	17.68	15.99	39.68	1;2
Steamed broccoli		50	15	1.53	0.17	2.68	
Beetroot and cucumber salad		60	48	0.84	3.10	4.43	
Carrot salad		60	21	0.57	0.23	4.77	
Chinese cabbage salad with cucumber		60	22	0.83	1.35	1.82	
Choice of dressing for salads		3	17	0.03	1.83	0.07	10;2
Mixed seeds		3	16	0.68	1.31	0.74	11
Raisins		8	26	0.17	0.03	6.20	
Tap water		125	0	0	0	0	
Dairy Products (Drinks)		125	70	4.56	3.32	5.66	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 :	705	29.02	28.33	86.94	
Mexican mixed beans hot pot		150	96	4.39	0.64	16.86	
Cold yoghurt sauce		100	52	3.21	2.45	4.39	2
Steamed rice		50	65	1.26	0.54	13.65	
Steamed potatoes		50	52	1.33	0.07	11.83	

	Tuesday, 29.October	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Vegetable Paella		250	381	6.81	14.51	57.82	
Steamed sweet corn		50	49	1.51	0.39	10.35	
Carrot salad		60	21	0.57	0.23	4.77	
Swede and apple salad		60	23	0.45	0.18	5.48	
Beetroot salad with yogurt dressing		60	26	1.06	0.26	4.95	2
Choice of dressing for salads		3	17	0.03	1.83	0.07	10;2
Mixed seeds		11	60	2.51	4.81	2.73	11
Tap water		150	0	0	0	0	
Variety of bread		15	43	1.23	0.50	7.99	1;11;2
Plum and cucumber snacks		150	40	0.98	0.52	8.62	
		Total :	661	15.15	23.23	102.78	
Cabbage- rice scone		50	59	1.78	2.09	8.52	1;2;3
Herb cream sauce		100	109	1.44	9.11	5.60	1;2
Herb roasted potatoes		50	65	1.42	1.37	12.06	
Cooked lentils		50	79	5.42	0.38	11.78	

	Wednesday, 30.October	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Roast turkey thigh meat marinated with herbs		50	119	9.34	8.85	0.66	
Lemon-yoghurt sauce		100	58	2.98	2.27	6.38	2
Roasted beetroot with herbs		50	30	0.96	0.62	5.26	
Steamed rice		50	65	1.26	0.54	13.65	
Quinoa		50	0	0	0	0	
Choice of dressing for salads		60	40	1.05	2.61	3.43	
Creamy carrot salad		60	21	0.73	0.36	4.40	2
Pumpkin and cranberry salad		60	29	0.42	1.89	3.11	
Choice of dressing for salads		3	17	0.03	1.83	0.07	10;2
Mixed seeds		3	16	0.68	1.31	0.74	11
Raisins		30	97	0.63	0.12	23.25	
Tap water		150	0	0	0	0	
Variety of bread		50	144	4.10	1.68	26.62	1;11;2
Apple and carrot snacks		150	56	0.90	0.57	13.20	
		Total :	691	23.08	22.65	100.77	
Tomato and broccoli pasta		250	424	16.05	12.77	61.14	1;2

	Thursday, 31.October	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Steamed cauliflower with butter and fresh dill		250	203	11.69	10.89	13.36	
Daikon and cucumber salad		50	18	1.06	0.54	3.05	2
Rainbow red cabbage salad		60	8	0.51	0.06	1.79	
Carrot and orange salad		60	30	0.68	1.65	3.83	
Carrot and orange salad		60	45	0.64	2.57	5.48	
Choice of dressing for salads		3	17	0.03	1.83	0.07	10;2
Mixed seeds		5	27	1.14	2.19	1.24	11
Raisins		30	97	0.63	0.12	23.25	
Tap water		150	0	0	0	0	
Variety of bread		50	144	4.10	1.68	26.62	1;11;2
Pear and lettuce snacks		150	46	1.26	1.66	11.19	
		Total :	635	21.74	23.19	89.88	
Eggplant stew with black plums		150	62	1.69	0.47	14.51	9
Greek tomato sauce		100	56	1.01	2.63	7.41	
Sweet potato fries		50	1034	0.92	6.00	13.31	
Steamed rice		50	65	1.26	0.54	13.65	

	Friday, 1.November	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Hake fillet schnitzel		50	99	8.83	6.28	1.78	1;3;4
Herb Bechamel sauce		100	85	2.07	6.08	5.51	1;2
Roasted zucchini		50	39	0.95	3.13	2.18	
Mash potato		50	69	1.46	2.36	10.64	2
Steamed rice		50	65	1.26	0.54	13.65	
Swede salad		60	19	0.57	0.17	4.54	
Cabbage and carrot salad		60	17	0.61	0.16	3.95	
Beetroot salad		60	38	1.01	1.32	5.48	
Choice of dressing for salads		3	17	0.03	1.83	0.07	10;2
Mixed seeds		3	16	0.68	1.31	0.74	11
Raisins		20	65	0.42	0.08	15.50	
Tap water		150	0	0	0	0	
Variety of bread		50	144	4.10	1.68	26.62	1;11;2
Apple and daikon snacks		150	53	0.54	0.46	12.93	
		Total :	725	22.53	25.40	103.59	
Vegetable risotto		250	358	9.15	12.14	53.86	2

Weekly average :	683	22.3	24.56	96.79
10 day average :	693	23.62	24.68	96.56

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