

School Lunch Weekly Menu 16.12.2024 - 20.12.2024

Grupp

ages 10-12

Monday, 16.December	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Chicken Tikka Masala	150	204	9.46	13.40	10.32	2
Roasted swede	50	28	0.62	1.18	4.44	
Steamed rice	50	65	1.26	0.54	13.65	
Boiled bulgur(LF)	50	66	1.73	0.19	13.60	1
Napa Cabbage Salad with Corn	60	40	1.05	2.61	3.43	
Carrot and cranberry salad	60	44	0.52	2.95	4.64	
Chinese cabbage salad with cucumber	60	22	0.83	1.35	1.82	
Salad dressings	2	11	0.02	1.22	0.05	10:2
Mixed seeds	3	16	0.68	1.31	0.74	11
Raisins	3	10	0.06	0.01	2.33	
Dairy Products (Drinks)	125	70	4.56	3.32	5.66	2
Variety of bread	25	72	2.05	0.84	13.31	1;11;2
Banana and celery snacks	150	90	1.72	0.38	20.92	9
Total :	736	24.56	29.30	94.91		
Couscous with vegetables	250	348	8.75	14.08	48.43	1
Yoghurt - curry sauce	100	45	2.78	2.16	3.77	2

Tuesday, 17.December	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Chilli sin Carne	150	129	4.84	4.39	19.33	
Creamy dill sauce	100	109	1.44	9.11	5.63	1;2
Roasted beetroot with herbs	50	30	0.96	0.62	5.26	
Cooked lentils	50	79	5.42	0.38	11.78	
Steamed potatoes	50	52	1.33	0.07	11.83	
Cabbage and pumpkin salad	60	32	0.58	2.20	2.99	
Carrot and leek salad	60	31	0.68	1.43	4.54	
Beet - cottage cheese salad	60	45	2.40	2.04	3.83	1;2;8
Salad dressings	3	17	0.03	1.83	0.07	10:2
Mixed seeds	3	16	0.68	1.31	0.74	11
Raisins	25	81	0.52	0.10	19.38	
Dairy Products (Drinks)	0	0	0	0	0	2
Variety of bread	30	86	2.46	1.01	15.97	1;11;2
Apple and swede snacks	150	53	0.90	0.50	12.90	
Total :	761	22.24	24.99	114.25		
Falafel	50	60	2.72	0.62	10.20	1

Wednesday, 18.December	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 broccoli	50	15	1.53	0.17	2.68	
Cooked pasta	50	80	2.08	1.47	14.30	1
Quinoa	50	0	0	0	0	
Daikon and carrot salad	60	16	0.60	0.16	3.76	
Swede and apple salad	60	23	0.45	0.18	5.48	
Beetroot salad (with garlic)	60	36	0.95	1.32	5.17	
Salad dressings	10	56	0.12	6.09	0.24	10:2
Mixed seeds	3	16	0.68	1.31	0.74	11
Raisins	25	81	0.52	0.10	19.38	
Variety of bread	50	144	4.10	1.68	26.62	1;11;2
Pear and cabbage snacks	150	50	1.12	0.45	12.00	
Total :	694	25.77	21.98	100.73		
Asian style rice noodles (Vegan)	250	287	8.13	6.28	38.64	11

Thursday, 19.December	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Beef Burrito	250	414	20.32	8.65	27.33	1;2
Steamed green beans	50	16	1.02	0.06	3.84	
Swede salad	60	19	0.57	0.17	4.54	
Pumpkin and apple salad	60	27	0.37	0.71	5.42	
Beet Salad with Cucumbers	60	33	0.82	1.30	4.24	
Salad dressings	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	
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 :	706	26.36	15.18	82.87		
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
Tomato sauce	100	59	1.01	2.74	7.77	

Friday, 20.December	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Pork roast with jus	150	240	17.52	16.39	6.03	1;10
Braised sauerkraut	50	47	0.55	1.86	7.13	
Herb roasted potatoes	50	65	1.42	1.37	12.06	
Pearl (Israeli) Couscous	50	63	1.92	1.30	10.94	1
Pumpkin salad	60	13	0.46	0.06	3.11	
Carrot and cauliflower salad	60	40	0.62	2.61	4.38	
Red cabbage salad	60	41	0.97	2.82	3.71	
Salad dressings	2	11	0.02	1.22	0.05	10:2
Mixed seeds	3	16	0.68	1.31	0.74	11
Raisins	25	81	0.52	0.10	19.38	
Variety of bread	15	43	1.23	0.50	7.99	1;11;2
Satsuma and daikon snacks	150	35	1.27	0.15	7.95	
Total :	695	27.18	29.69	83.47		
Christmas vegetable stew with beans	250	156	6.24	0.75	34.71	
Lemon-yoghurt sauce	100	58	2.98	2.27	6.38	2

Weekly average :	718	25.22	24.23	95.25
10 day average :	701	24.48	24.23	95.54

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