

School Lunch Weekly Menu 02.12.2024 - 06.12.2024

Grupp

ages 10-12

Monday, 2.December	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Tomato beef - rice stew	250	272	18.86	14.31	17.63	
Steamed broccoli	50	15	1.53	0.17	2.68	
Beetroot and apple salad	60	46	0.58	2.56	5.54	
Red cabbage salad	60	41	0.97	2.82	3.71	
Carrot and leek salad	60	31	0.68	1.43	4.54	
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	
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
Pear and swede snacks	150	55	1.05	0.52	13.42	
Total :	700	31.41	29.19	82.80		
Vegan bigos (Polish hunter's stew)	150	99	1.88	5.58	11.09	
Steamed potatoes	50	52	1.33	0.07	11.83	
Cold yoghurt sauce	100	52	3.21	2.45	4.39	2
Steamed rice	50	65	1.26	0.54	13.65	

Tuesday, 3.December	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Sweet potato & chickpea hotpot	150	135	3.08	3.93	22.66	
Cottage cheese sauce	100	139	9.36	8.00	2.69	2
Roasted celeriac (GF,LF)	50	29	0.82	1.64	3.50	9
Steamed rice	50	65	1.26	0.54	13.65	
Steamed potatoes	50	52	1.33	0.07	11.83	
Swede salad	60	19	0.57	0.17	4.54	
Coleslaw with sour cream	60	33	0.80	1.95	3.61	2
Carrot and cranberry salad	60	44	0.52	2.95	4.64	
Salad dressings	3	17	0.03	1.83	0.07	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)	0	0	0	0	0	2
Variety of bread	25	72	2.05	0.84	13.31	1;11;2
Apple and kohlrabi snacks	150	48	0.52	0.42	11.92	
Total :	680	21.08	23.66	95.49		
Cauliflower and spinach patties	50	55	1.99	2.43	6.73	1;3

Wednesday, 4.December	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Chicken meatloaf	50	103	7.28	5.78	5.50	1;11;3
Cheese milk sauce	100	107	4.16	4.72	12.21	1;2;3;7;8
Steamed sweet corn	50	49	1.51	0.39	10.35	
Steamed buckwheat	50	60	2.08	0.70	11.60	
Steamed potatoes	50	52	1.33	0.07	11.83	
Chinese cabbage salad with peppers	60	23	0.85	1.36	2.22	
Beetroot salad with caraway seeds	60	38	1.05	1.45	5.30	
Swede and apple salad	60	23	0.45	0.18	5.48	
Salad dressings	7	39	0.08	4.26	0.17	10;2
Mixed seeds	3	16	0.68	1.31	0.74	11
Raisins	3	10	0.06	0.01	2.33	
Variety of bread	40	115	3.28	1.34	21.30	1;11;2
Satsuma and carrot snacks	150	48	1.27	0.38	11.10	
Total :	684	24.08	21.95	100.13		
Rice casserole with vegetables	250	236	6.77	5.84	39.22	

Thursday, 5.December	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Fish patty	50	82	8.10	3.21	5.23	1;2;3;4
Thai yogurt garam masala sauce	100	24	1.37	0.74	3.26	2
Roasted swede	50	28	0.62	1.18	4.44	
Mash potato	50	69	1.46	2.36	10.64	2
Cooked pasta	50	80	2.08	1.47	14.30	1
Rainbow red cabbage salad	60	30	0.68	1.65	3.83	
Rutabaga - Raisin Salad	60	44	0.62	1.97	6.60	
Carrot salad	60	21	0.57	0.23	4.77	
Salad dressings	9	50	0.10	5.48	0.22	10;2
Mixed seeds	3	16	0.68	1.31	0.74	11
Raisins	10	32	0.21	0.04	7.75	
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 :	673	21.13	21.78	101.33		
Green pasta	250	412	12.18	18.89	49.47	1;2

Friday, 6.December	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Pork in tomato sauce	150	157	13.88	10.07	3.36	
Baked carrot (GF, LG)	50	24	0.60	0.71	4.42	
Steamed rice	50	65	1.26	0.54	13.65	
Herb roasted potatoes	50	65	1.42	1.37	12.06	
Carrot and pear salad	60	36	0.44	1.73	5.32	
Napa Cabbage Salad with Corn	60	40	1.05	2.61	3.43	
Beetroot and red currant salad	60	36	0.93	1.35	5.25	
Salad dressings	3	17	0.03	1.83	0.07	10;2
Mixed seeds	3	16	0.68	1.31	0.74	11
Raisins	10	32	0.21	0.04	7.75	
Variety of bread	40	115	3.28	1.34	21.30	1;11;2
Banana and salad leaves	150	92	1.86	1.58	21.47	
Total :	695	25.64	24.48	98.82		
Herb cream sauce	100	109	1.44	9.11	5.60	1;2
Bean-pumpkin stew with corn	150	194	7.53	7.99	26.83	

Weekly average :	686	24.67	24.21	95.71
10 day average :				

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