

School Lunch Weekly Menu 18.11.2024 - 22.11.2024

Grupp

ages 10-12

	Monday, 18.November	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Ground beef pasta		250	297	18.24	16.72	18.77	1;2
Roasted brussels sprouts		50	29	1.75	1.75	2.20	
Pumpkin and swede salad		60	42	0.48	1.30	7.69	
Beetroot salad with caraway seeds		60	38	1.05	1.45	5.30	
Napa Cabbage Salad with Corn		60	40	1.05	2.61	3.43	
Salad dressings		3	17	0.03	1.83	0.07	10;2
Mixed seeds		3	16	0.68	1.31	0.74	
Raisins		25	81	0.52	0.10	19.38	11
Tap water		150	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
Pear and cucumber snacks		150	39	0.75	0.38	9.52	
	Total :	713	30.34	31.27	80.75		
Vegetable hot pot		150	109	3.38	5.86	12.80	
Lemon-yoghurt sauce		100	58	2.98	2.27	6.38	2
Steamed buckwheat		50	60	2.08	0.70	11.60	
Steamed potatoes		50	52	1.33	0.07	11.83	
	Tuesday, 19.November	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Vegetable & Chickpea coconut curry		150	116	3.88	6.36	12.27	
Cheese milk sauce		100	107	4.16	4.72	12.21	1;2;3;7;8
Roasted celeriac		50	29	0.82	1.64	3.50	9
Mash potato		50	69	1.46	2.36	10.64	2
Cooked lentils		50	79	5.42	0.38	11.78	
Coleslaw with sour cream		60	33	0.80	1.95	3.61	2
Beetroot and cucumber salad		60	48	0.84	3.10	4.43	
Daikon salad		60	23	0.61	1.57	2.08	
Salad dressings		2	11	0.02	1.22	0.05	10;2
Mixed seeds		2	11	0.46	0.87	0.50	11
Raisins		15	48	0.32	0.06	11.62	
Tap water		150	0	0	0	0	
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 :	695	21.36	25.49	97.92		1;2;3
Lasagne with chickpeas and tomato-capsicum sauce		250	353	19.00	16.22	33.31	1;2;3
	Wednesday, 20.November	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Autumn chicken and mushroom casserole		150	168	10.91	10.08	8.97	1;2
Thai yogurt garam masala sauce		100	24	1.37	0.74	3.26	2
Steamed cauliflower		50	13	0.96	0.12	2.76	
Steamed buckwheat		50	60	2.08	0.70	11.60	
Steamed rice		50	65	1.26	0.54	13.65	
Chinese cabbage salad with cucumber		60	22	0.83	1.35	1.82	
Swede and apple salad		60	23	0.45	0.18	5.48	
Carrot - Rutabaga Salad		60	48	0.57	2.61	6.39	
Salad dressings		4	22	0.05	2.44	0.10	10;2
Mixed seeds		3	16	0.68	1.31	0.74	11
Raisins		10	32	0.21	0.04	7.75	
Tap water		150	0	0	0	0	
Variety of bread		25	72	2.05	0.84	13.31	1;11;2
Banana and carrot snacks		150	103	1.65	0.52	24.00	
	Total :	669	23.07	21.47	99.83		
Vegeburger with beetroot and chickpea cutlet		250	184	6.42	6.52	23.60	1;2
	Thursday, 21.November	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Moqueca - Brazilian fish stew		150	140	13.72	8.07	5.18	4
Roasted pumpkin		50	25	0.47	1.57	2.78	
Herb roasted potatoes		50	65	1.42	1.37	12.06	
Cooked pasta		50	80	2.08	1.47	14.30	1
Sauerkraut salad		60	26	0.63	1.03	3.67	
Carrot and leek salad		60	31	0.68	1.43	4.54	
Cabbage salad with dill		60	27	0.65	1.62	3.16	
Salad dressings		2	11	0.02	1.22	0.05	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 swede snacks		150	53	0.90	0.50	12.90	
	Total :	683	25.77	21.35	101.50		
Vegetable-chickpea curry		150	156	4.88	10.01	11.77	
Creamy dill sauce		100	109	1.44	9.11	5.63	1;2
	Friday, 22.November	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Braised turkey chunks		50	76	10.28	3.76	0.38	
Herb Bechamel sauce		100	85	2.07	6.08	5.51	1;2
Baked carrot		50	24	0.60	0.71	4.42	
Steamed potatoes		50	52	1.33	0.07	11.83	
Pearl (Israeli) Couscous		50	63	1.92	1.30	10.94	1
Beetroot salad (with garlic)		60	36	0.95	1.32	5.17	
Daikon salad with cabbage and carrot		60	26	0.61	1.34	3.47	
Swede salad with orange		60	44	0.64	2.54	5.32	
Salad dressings		3	17	0.03	1.83	0.07	10;2
Mixed seeds		3	16	0.68	1.31	0.74	11
Raisins		11	36	0.23	0.04	8.52	
Tap water		150	0	0	0	0	
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 :	668	24.56	22.43	94.99		
Vegetable lentil paella		250	381	6.81	14.51	57.82	

Weekly average :	685	25.02	24.4	95
10 day average :	691	25.34	23.04	95.07

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