

School Lunch Weekly Menu 13.01.2025 - 17.01.2025

Grupp

ages 10-12

	Monday, 13.January	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Asian style chicken		150	101	11.63	2.22	8.73	1;7
Steamed broccoli		50	15	1.53	0.17	2.68	
Steamed buckwheat		50	60	2.08	0.70	11.60	
Steamed potatoes		50	52	1.33	0.07	11.83	
Cabbage and carrot salad		60	33	0.71	1.38	5.17	
Beetroot salad		60	26	0.96	0.12	5.22	
Carrot salad		60	21	0.57	0.23	4.77	
Salad dressings		20	112	0.23	12.18	0.48	10;2
Mixed seeds		3	16	0.68	1.31	0.74	11
Raisins		15	48	0.32	0.06	11.62	
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
Banana and celery snacks		150	90	1.72	0.38	20.92	9
		Total :	687	27.55	22.64	97.41	
Vegetable Stir fry egg noodles		250	327	7.98	13.44	45.07	1;11;3;7
Cold yoghurt sauce		100	52	3.21	2.45	4.39	2

	Tuesday, 14.January	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Chickpea pilaff		250	375	12.19	5.52	65.31	
Roasted brussels sprouts		50	29	1.75	1.75	2.20	
Pumpkin and leek salat with curry		60	29	0.60	1.91	2.88	
Aisberg salad with cucumber		60	20	0.61	1.31	1.73	
Beetroot salad with yogurt dressing		60	26	1.06	0.26	4.95	2
Salad dressings		15	84	0.17	9.13	0.36	10;2
Mixed seeds		3	16	0.68	1.31	0.74	11
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 white cabbage snacks		150	48	0.98	0.42	11.48	
		Total :	671	19.27	22.11	97.64	
Millet-carrot patties		50	61	2.06	2.32	8.28	1;2;3
Tomato sauce		100	59	1.01	2.74	7.77	
Mash potato		50	69	1.46	2.36	10.64	2
Turmeric rice		50	68	1.35	0.57	14.35	

	Wednesday, 15.January	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
French style pork		50	114	9.85	8.18	0.55	2
Creamy mustard sauce		100	117	1.24	10.21	5.20	1;10;2
Steamed cauliflower		50	13	0.96	0.12	2.76	
Herb roasted potatoes		50	65	1.42	1.37	12.06	
Steamed rice		50	65	1.26	0.54	13.65	
Beetroot salad		60	26	0.96	0.12	5.22	
Leek salad with sour cream		60	30	0.73	1.41	4.24	2
Daikon salad		60	23	0.61	1.57	2.08	
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		40	115	3.28	1.34	21.30	1;11;2
Pear and pumpkin snacks		150	47	0.90	0.38	11.55	
		Total :	712	22.34	28.46	94.92	
One pot brown rice, lentils and veggies		250	336	11.57	10.16	49.21	

	Thursday, 16.January	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Braised turkey chunks		50	76	10.28	3.76	0.38	
Cheese milk sauce		100	107	4.16	4.72	12.21	1;2;3;7;8
Steamed green beans		50	16	1.02	0.06	3.84	
Cooked pasta		50	80	2.08	1.47	14.30	1
Steamed potatoes		50	52	1.33	0.07	11.83	
Napa Cabbage Salad with Corn		60	40	1.05	2.61	3.43	
Carrot and cauliflower salad		60	40	0.62	2.61	4.38	
Pumpkin and cranberry salad		60	29	0.42	1.89	3.11	
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		30	86	2.46	1.01	15.97	1;11;2
Apple and swede snacks		150	53	0.90	0.50	12.90	
		Total :	678	25.45	21.92	98.66	
Vegetable and cheese Burrito		250	485	15.78	17.27	19.91	1;2

	Friday, 17.January	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Maroccan fishpot		150	170	22.04	5.99	7.46	4
Roasted beetroot with herbs		50	30	0.96	0.62	5.26	
Steamed potatoes		50	52	1.33	0.07	11.83	
Pearl (Israeli) Couscous		50	63	1.92	1.30	10.94	1
Swede and apple salad		60	23	0.45	0.18	5.48	
Cabbage salad with tomatoes		60	32	0.59	2.22	2.88	
Carrot and cauliflower salad		60	40	0.62	2.61	4.38	
Salad dressings		10	56	0.12	6.09	0.24	10;2
Mixed seeds		3	16	0.68	1.31	0.74	11
Raisins		15	48	0.32	0.06	11.62	
Variety of bread		45	129	3.69	1.51	23.96	1;11;2
Satsuma and carrot snacks		150	48	1.27	0.38	11.10	
		Total :	708	33.99	22.34	95.89	
Vegetable lasagne		250	280	12.54	12.30	32.95	1;2;3
Lemon-yoghurt sauce		100	58	2.98	2.27	6.38	2

Weekly average :	691	25.72	23.49	96.9
10 day average :	685	24.67	23.26	97.43

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