

## School Lunch Weekly Menu 20.01.2025 - 24.01.2025

### Grupp

ages 10-12

Monday, 20.January	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Asian style Chicken - Coconut sauce	150	138	14.21	3.16	12.82	
Baked carrot	50	24	0.60	0.71	4.42	
Steamed rice	50	65	1.26	0.54	13.65	
Steamed potatoes	50	52	1.33	0.07	11.83	
Beetroot salad (with garlic)	60	36	0.95	1.32	5.17	
Sauerkraut salad with onions	60	37	0.61	1.34	5.73	
Swede salad	60	19	0.57	0.17	4.54	
Salad dressings	13	73	0.15	7.92	0.31	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	40	115	3.28	1.34	21.30	1;1;1;2
Apple & Pumpkin Snacks	150	45	0.75	0.34	11.02	
Total :	699	29.01	21.55	99.52		
Mushroom couscous	250	246	6.92	9.86	34.00	1
Yoghurt - curry sauce	100	45	2.78	2.16	3.77	2

Tuesday, 21.January	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Sesame carrot patties	50	64	1.98	2.69	8.44	1;1;1;3
Thai yogurt garam masala sauce	100	24	1.37	0.74	3.26	2
Roasted celeriac	50	29	0.82	1.64	3.50	9
Mash potato	50	69	1.46	2.36	10.64	2
Steamed buckwheat	50	60	2.08	0.70	11.60	
Cabbage salad with dill	60	27	0.65	1.62	3.16	
Asian carrot salad	60	71	2.10	2.82	6.35	11
Daikon and cucumber salad	60	8	0.51	0.06	1.79	
Salad dressings	8	45	0.09	4.87	0.19	10:2
Mixed seeds	5	27	1.14	2.19	1.24	11
Raisins	10	32	0.21	0.04	7.75	
Dairy Products (Drinks)	0	0	0	0	0	2
Variety of bread	50	144	4.10	1.68	26.62	1;1;1;2
Orange and kohlrabi snacks	150	51	1.20	0.22	12.15	
Total :	651	17.71	21.63	96.69		
Pumpkin potato bake	250	317	6.46	17.97	33.88	1;2

Wednesday, 22.January	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Curried chicken thigh meat in yogurt marinade	50	74	10.06	3.21	1.36	2
Spicy tomato sauce	100	64	1.94	0.22	12.99	
Roasted pumpkin	50	25	0.47	1.57	2.78	
Pearl (Israeli) Couscous	50	63	1.92	1.30	10.94	1
Cooked lentils	50	79	5.42	0.38	11.78	
Iceberg and carrot salad	60	35	0.60	2.30	3.61	
Chinese cabbage salad with peppers	60	23	0.85	1.36	2.22	
Beetroot salad	60	26	0.96	0.12	5.22	
Salad dressings	15	84	0.17	9.13	0.36	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	35	101	2.87	1.18	18.63	1;1;1;2
Apple and daikon snacks	150	53	0.54	0.46	12.93	
Total :	691	26.80	22.60	95.18		
Chickpea-mango curry with coconut milk (Vegan)	150	178	5.87	10.01	16.49	

Thursday, 23.January	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Azu (Traditional Tatar dish)	250	256	12.28	16.02	15.89	
Roasted brussels sprouts	50	29	1.75	1.75	2.20	
Cabbage and pumpkin salad	60	32	0.58	2.20	2.99	
Rainbow red cabbage salad	60	30	0.68	1.65	3.83	
Carrot and apple salad	60	41	0.45	2.33	5.33	
Salad dressings	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	
Variety of bread	50	144	4.10	1.68	26.62	1;1;1;2
Pear and carrot snacks	150	57	1.05	0.60	13.72	
Total :	718	22.23	29.49	94.64		
Cous-cous and carrot patties	50	77	2.51	3.59	9.06	1;1;1;2;3
Bechamel sauce	100	70	3.41	2.37	9.09	1;2
Steamed potatoes	50	52	1.33	0.07	11.83	
Cooked pasta	50	80	2.08	1.47	14.30	1

Friday, 24.January	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Thai fish casserole	150	169	11.73	11.57	6.24	2;4
Steamed garden peas	50	35	2.60	0.20	6.80	
Steamed rice	50	65	1.26	0.54	13.65	
Quinoa	50	0	0	0	0	
Daikon salad with sour cream dressing	60	27	0.78	1.86	2.17	2
Carrot and cranberry salad	60	44	0.52	2.95	4.64	
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	11
Raisins	25	81	0.52	0.10	19.38	
Variety of bread	50	144	4.10	1.68	26.62	1;1;1;2
Apple and swede snacks	150	53	0.90	0.50	12.90	
Total :	690	24.17	25.15	96.64		
Red lentil cottage pie	250	178	7.12	2.50	33.44	2;9
Creamy dill sauce	100	109	1.44	9.11	5.63	1;2

Weekly average :	690	23.98	24.08	96.53
10 day average :	691	24.85	23.79	96.72

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