

School Lunch Weekly Menu 03.02.2025 - 07.02.2025

Grupp

ages 10-12

	Monday, 3.February	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Chicken tomato pasta		250	380	15.83	14.93	45.49	1;2
Steamed broccoli		50	15	1.53	0.17	2.68	
Beetroot and red currant salad		60	36	0.93	1.35	5.25	
Carrot salad		60	21	0.57	0.23	4.77	
Chinese cabbage salad with cucumber		60	22	0.83	1.35	1.82	
Salad dressings		3	17	0.03	1.83	0.07	10;2
Mixed seeds		3	16	0.68	1.31	0.74	11
Raisins		8	26	0.17	0.03	6.20	
Dairy Products (Drinks)		125	70	4.56	3.32	5.66	2
Variety of bread		20	57	1.64	0.67	10.65	1;11;2
Apple and swede snacks		150	53	0.90	0.50	12.90	
		Total :	714	27.67	25.69	96.23	
Mexican mixed beans hot pot		150	96	4.39	0.64	16.86	
Cold yoghurt sauce		100	52	3.21	2.45	4.39	2
Steamed rice		50	65	1.26	0.54	13.65	
Steamed potatoes		50	52	1.33	0.07	11.83	
	Tuesday, 4.February	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Vegetable Paella		250	381	6.81	14.51	57.82	
Steamed sweet corn		50	49	1.51	0.39	10.35	
Carrot salad		60	21	0.57	0.23	4.77	
Swede and apple salad		60	23	0.45	0.18	5.48	
Beetroot salad with yogurt dressing		60	26	1.06	0.26	4.95	2
Salad dressings		2	11	0.02	1.22	0.05	10;2
Mixed seeds		18	99	4.10	7.87	4.47	11
Raisins		0	0	0	0	0	
Dairy Products (Drinks)		0	0	0	0	0	2
Variety of bread		15	43	1.23	0.50	7.99	1;11;2
Orange and celery snacks		150	44	1.65	0.22	10.35	9
		Total :	698	17.40	25.38	106.23	
Cabbage- rice scone		50	59	1.78	2.09	8.52	1;2;3
Herb cream sauce		100	109	1.44	9.11	5.60	1;2
Herb roasted potatoes		50	65	1.42	1.37	12.06	
Cooked lentils		50	79	5.42	0.38	11.78	
	Wednesday, 5.February	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Roast turkey thigh meat marinated with herbs		50	119	9.34	8.85	0.66	
Lemon-yoghurt sauce		100	58	2.98	2.27	6.38	2
Roasted beetroot with herbs		50	30	0.96	0.62	5.26	
Steamed rice		50	65	1.26	0.54	13.65	
Quinoa		50	0	0	0	0	
Napa Cabbage Salad with Corn		60	40	1.05	2.61	3.43	
Creamy carrot salad		60	21	0.73	0.36	4.40	2
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		30	97	0.63	0.12	23.25	
Variety of bread		50	144	4.10	1.68	26.62	1;11;2
Apple and carrot snacks		150	56	0.90	0.57	13.20	
		Total :	691	23.08	22.65	100.77	
Tomato and broccoli pasta		250	424	16.05	12.77	61.14	1;2
	Thursday, 6.February	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Burger with pulled pork		250	203	11.69	10.89	13.36	
Steamed cauliflower		50	13	0.96	0.12	2.76	
Daikon and carrot salad		60	16	0.60	0.16	3.76	
Rainbow red cabbage salad		60	30	0.68	1.65	3.83	
Carrot and orange salad		60	45	0.64	2.57	5.48	
Salad dressings		2	11	0.02	1.22	0.05	10;2
Mixed seeds		13	71	2.96	5.68	3.23	11
Raisins		30	97	0.63	0.12	23.25	
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 :	681	23.40	24.54	94.34	
Eggplant stew with black plums		150	62	1.69	0.47	14.51	9
Greek tomato sauce		100	56	1.01	2.63	7.41	
Sweet potato oven fries		50	1034	0.92	6.00	13.31	
Steamed rice		50	65	1.26	0.54	13.65	
	Friday, 7.February	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Hake fillet schnitzel		50	99	8.83	6.28	1.78	1;3;4
Herb Bechamel sauce		100	85	2.07	6.08	5.51	1;2
Roasted pumpkin		50	25	0.47	1.57	2.78	
Mash potato		50	69	1.46	2.36	10.64	2
Turmeric rice		50	68	1.35	0.57	14.35	
Swede salad		60	19	0.57	0.17	4.54	
Cabbage and carrot salad		60	17	0.61	0.16	3.95	
Beetroot salad		60	38	1.01	1.32	5.48	
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
Apple and daikon snacks		150	53	0.54	0.46	12.93	
		Total :	685	21.32	23.53	99.57	
Vegetable risotto		250	358	9.15	12.14	53.86	2

Weekly average :	694	22.57	24.36	99.43
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