

School Lunch Weekly Menu 17.02.2025 - 21.02.2025

Estonian theme days

Grupp

ages 10-12

Monday, 17. February	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Mexican minced beef casserole	150	156	10.31	6.43	14.09	
Curry sauce	100	89	2.74	5.40	7.58	1;2
Steamed broccoli	50	15	1.53	0.17	2.68	
Pearl (Israeli) Couscous	50	63	1.92	1.30	10.94	1
Steamed potatoes	50	52	1.33	0.07	11.83	
Carrot and leek salad	60	31	0.68	1.43	4.54	
Daikon and cucumber salad	60	8	0.51	0.06	1.79	
Sauerkraut salad	60	26	0.63	1.03	3.67	
Salad dressings	3	17	0.03	1.83	0.07	10;2
Mixed seeds	2	11	0.46	0.87	0.50	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
Apple and swede snacks	150	53	0.90	0.50	12.90	
Total :		683	27.15	22.97	95.86	
Vegetable and bean one pot	250	191	4.58	9.36	23.25	

Tuesday, 18. February	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Pasta with creamy beetroot sauce	250	370	15.10	10.85	52.51	1;2
Roasted pumpkin	50	25	0.47	1.57	2.78	
Napa Cabbage Salad with Corn	60	40	1.05	2.61	3.43	
Swede salad with orange	60	44	0.64	2.54	5.32	
Beetroot salad	60	26	0.96	0.12	5.22	
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
Pear and carrot snacks	150	57	1.05	0.60	13.72	
Total :		676	22.09	22.28	99.43	
Estonian style sauerkraut with barley	150	145	3.09	3.55	26.21	1
Cottage cheese sauce	100	139	9.36	8.00	2.69	2
Herb roasted potatoes	50	65	1.42	1.37	12.06	
Steamed buckwheat	50	60	2.08	0.70	11.60	

Wednesday, 19. February	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Fish fillet in breadcrumbs and kama breading	50	66	9.99	0.89	4.72	1;4
Creamy dill sauce	100	109	1.44	9.11	5.63	1;2
Roasted swede	50	28	0.62	1.18	4.44	
Potato and swede mash	50	42	0.78	2.29	5.17	2
Steamed rice	50	65	1.26	0.54	13.65	
Beetroot salad with yogurt dressing	60	26	1.06	0.26	4.95	2
Cabbage and tomato salad	60	24	0.62	1.33	2.95	
Swede salad with celery and apples	60	21	0.51	0.17	5.10	9
Salad dressings	5	28	0.06	3.04	0.12	10;2
Mixed seeds	3	16	0.68	1.31	0.74	11
Raisins	11	36	0.23	0.04	8.52	
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 :		658	21.89	22.30	95.54	
Chickpea and carrot curry	150	146	4.23	7.49	15.33	

Thursday, 20. February	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Pork Roast	50	111	10.14	7.81	0.10	
Creamy horseradish sauce	100	88	1.04	6.35	7.12	1;2
Steamed green beans	50	16	1.02	0.06	3.84	
Steamed potatoes	50	52	1.33	0.07	11.83	
Cooked pasta	50	80	2.08	1.47	14.30	1
Swede salad	60	19	0.57	0.17	4.54	
Carrot and garden pea salad	60	44	0.73	2.64	5.18	
Cabbage salad with dill	60	27	0.65	1.62	3.16	
Salad dressings	3	17	0.03	1.83	0.07	10;2
Mixed seeds	2	11	0.46	0.87	0.50	11
Raisins	10	32	0.21	0.04	7.75	
Variety of bread	50	144	4.10	1.68	26.62	1;11;2
Orange and cabbage snacks	150	50	1.65	0.22	11.70	
Total :		691	24.01	24.83	96.71	
Pumpkin and sweet potato curry with tofu	150	155	2.97	7.55	26.68	

Friday, 21. February	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Oven baked chicken shish kebab	50	74	9.64	3.53	1.08	
Cold sour cream sauce	100	104	3.03	8.23	4.70	2
Steamed garden peas and sweet corn	50	42	2.06	0.30	8.57	
Herb roasted potatoes	50	65	1.42	1.37	12.06	
Cooked lentils	50	79	5.42	0.38	11.78	
Cabbage and sweet peppers salad	60	15	0.66	0.13	3.33	
Beetroot salad (with garlic)	60	36	0.95	1.32	5.17	
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	2	11	0.46	0.87	0.50	11
Raisins	30	97	0.63	0.12	23.25	
Variety of bread	20	57	1.64	0.67	10.65	1;11;2
Apple & Pumpkin Snacks	150	45	0.75	0.34	11.02	
Total :		687	27.21	22.04	96.82	
Mushroom pearl barley	250	336	7.68	11.02	54.53	1;2

Weekly average :	679	24.47	22.88	96.87
10 day average :	685	24.58	23.49	97.16

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