

School Lunch Weekly Menu 03.03.2025 - 07.03.2025

Grupp

ages 10-12

	Monday, 3.March	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Tomato rice casserole with chicken		250	396	15.08	8.43	65.37	2
Steamed cauliflower		50	13	0.96	0.12	2.76	
Carrot and cranberry salad		60	44	0.52	2.95	4.64	
Swede salad		60	19	0.57	0.17	4.54	
Cabbage and pumpkin salad		60	32	0.58	2.20	2.99	
Salad dressings		4	22	0.05	2.44	0.10	10;2
Mixed seeds		3	16	0.68	1.31	0.74	11
Dairy Products (Drinks)		125	70	4.56	3.32	5.66	2
Variety of bread		10	29	0.82	0.34	5.32	1;11;2
Apple and celery snacks		150	42	0.98	0.42	10.12	9
		Total :	683	24.80	21.70	102.24	
Califlower and chickpea curry		150	110	2.82	5.12	13.29	
Curry sauce		100	89	2.74	5.40	7.58	1;2
Cooked pasta		50	80	2.08	1.47	14.30	1
Steamed potatoes		50	52	1.33	0.07	11.83	

	Tuesday, 4.March	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Creamy pumpkin pasta with broccoli (Vegan)		250	248	6.58	10.12	33.47	1;2
Steamed sweet corn		50	49	1.51	0.39	10.35	
Swede and apple salad		60	23	0.45	0.18	5.48	
Red cabbage salad		60	41	0.97	2.82	3.71	
Daikon and cucumber salad		60	8	0.51	0.06	1.79	
Salad dressings		4	22	0.05	2.44	0.10	10;2
Mixed seeds		12	66	2.74	5.25	2.98	11
Dairy Products (Drinks)		0	0	0	0	0	2
Variety of bread		50	144	4.10	1.68	26.62	1;11;2
Pear and kohlrabi snacks		150	50	0.68	0.45	12.45	
		Total :	652	17.59	23.39	96.95	
Aubergine stew		150	107	1.65	7.80	9.10	
Cottage cheese sauce		100	139	9.36	8.00	2.69	2
Steamed buckwheat		50	60	2.08	0.70	11.60	
Steamed potatoes		50	52	1.33	0.07	11.83	

	Wednesday, 5.March	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Mince and vegetable bake		250	318	13.51	18.58	25.41	2;3
Roasted pumpkin		50	25	0.47	1.57	2.78	
Beetroot salad with caraway seeds		60	38	1.05	1.45	5.30	
Sauerkraut salad with onions		60	37	0.61	1.34	5.73	
Swede salad with orange		60	44	0.64	2.54	5.32	
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	
Variety of bread		50	144	4.10	1.68	26.62	1;11;2
Apple and cucumber snacks		150	38	0.60	0.34	9.00	
		Total :	735	22.10	30.11	96.45	
Carrot vegetarian meatloaf		50	58	2.06	2.26	7.91	1;2;3
Cold sour cream sauce		100	104	3.03	8.23	4.70	2
Cooked lentils		50	79	5.42	0.38	11.78	
Steamed rice		50	65	1.26	0.54	13.65	

	Thursday, 6.March	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Pulled pork		50	147	12.95	9.96	1.53	
Spicy tomato sauce		100	64	1.94	0.22	12.99	
Steamed green beans		50	16	1.02	0.06	3.84	
Herb roasted potatoes		50	65	1.42	1.37	12.06	
Steamed buckwheat		50	60	2.08	0.70	11.60	
Chinese cabbage salad with dill		60	23	0.97	1.38	1.98	
Carrot salad		60	21	0.57	0.23	4.77	
Beetroot salad		60	38	1.01	1.32	5.48	
Salad dressings		9	50	0.10	5.48	0.22	10;2
Mixed seeds		3	16	0.68	1.31	0.74	11
Raisins		12	39	0.25	0.05	9.30	
Variety of bread		15	43	1.23	0.50	7.99	1;11;2
Banana and daikon snacks		150	101	1.65	0.45	23.70	
		Total :	682	25.87	23.03	96.20	
Beetroot risotto		250	337	12.43	10.93	47.44	2

	Friday, 7.March	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Baked pollock fillet		50	66	9.73	2.95	0.12	4
Cold yoghurt sauce		100	52	3.21	2.45	4.39	2
Roasted celeriac		50	29	0.82	1.64	3.50	9
Steamed rice		50	65	1.26	0.54	13.65	
Pumpkin and potato mash		50	39	0.71	2.22	4.36	2
Daikon salad		60	23	0.61	1.57	2.08	
Beetroot salad with yogurt dressing		60	26	1.06	0.26	4.95	2
Cabbage and carrot salad		60	33	0.71	1.38	5.17	
Salad dressings		11	61	0.13	6.70	0.27	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;11;2
Apple and swede snacks		150	53	0.90	0.50	12.90	
		Total :	689	24.44	23.30	98.13	
Azu (Vegan Version)		250	263	5.73	7.93	40.86	

Weekly average :	688	22.96	24.31	97.99
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