

School Lunch Weekly Menu 10.03.2025 - 14.03.2025

Grupp

ages 10-12

Monday, 10.March	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Mexican beef casserole	150	178	11.59	8.72	14.37	
Pearl (Israeli) Couscous	50	63	1.92	1.30	10.94	1
Steamed rice	50	65	1.26	0.54	13.65	
Steamed broccoli	50	15	1.53	0.17	2.68	
Beetroot and apple salad	60	46	0.58	2.56	5.54	
Red cabbage salad	60	41	0.97	2.82	3.71	
Carrot and leek salad	60	31	0.68	1.43	4.54	
Salad dressings	2	11	0.02	1.22	0.05	10;2
Mixed seeds	2	11	0.46	0.87	0.50	11
Raisins	25	81	0.52	0.10	19.38	
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
Pear and cucumber snacks	150	39	0.75	0.38	9.52	
Total :	681	25.66	23.77	95.86		
Vegan bigos (Polish hunter's stew)	150	99	1.88	5.58	11.09	
Cold yoghurt sauce	100	52	3.21	2.45	4.39	2

Tuesday, 11.March	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Sweet potato & chickpea hotpot	150	135	3.08	3.93	22.66	
Roasted celeriac	50	29	0.82	1.64	3.50	9
Brown rice and quinoa	50	49	0.88	0.67	9.16	
Steamed potatoes	50	52	1.33	0.07	11.83	
Swede salad	60	19	0.57	0.17	4.54	
Coleslaw with sour cream	60	33	0.80	1.95	3.61	2
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	20	110	4.56	8.74	4.97	11
Dairy Products (Drinks)	0	0	0	0	0	2
Variety of bread	50	144	4.10	1.68	26.62	1;11;2
Apple and kohlrabi snacks	150	48	0.52	0.42	11.92	
Total :	680	17.21	24.05	103.52		
Cauliflower and spinach patties	50	55	1.99	2.43	6.73	1;3
Cottage cheese sauce	100	139	9.36	8.00	2.69	2

Wednesday, 12.March	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Chicken meatloaf	50	103	7.28	5.78	5.50	1;11;3
Cheese milk sauce	100	107	4.16	4.72	12.21	1;2;3;7;8
Steamed sweet corn	50	49	1.51	0.39	10.35	
Steamed buckwheat	50	60	2.08	0.70	11.60	
Mash potato	50	69	1.46	2.36	10.64	2
Chinese cabbage salad with peppers	60	23	0.85	1.36	2.22	
Beetroot salad with caraway seeds	60	38	1.05	1.45	5.30	
Swede and apple salad	60	23	0.45	0.18	5.48	
Salad dressings	7	39	0.08	4.26	0.17	10;2
Mixed seeds	3	16	0.68	1.31	0.74	11
Raisins	3	10	0.06	0.01	2.33	
Variety of bread	40	115	3.28	1.34	21.30	1;11;2
Orange and carrot snacks	150	58	1.58	0.38	13.42	
Total :	710	24.52	24.24	101.26		
Rice casserole with vegetables	250	236	6.77	5.84	39.22	

Thursday, 13.March	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Fish patty	50	82	8.10	3.21	5.23	1;2;3;4
Thai yogurt garam masala sauce	100	24	1.37	0.74	3.26	2
Roasted swede	50	28	0.62	1.18	4.44	
Cooked lentils	50	79	5.42	0.38	11.78	
Cooked pasta	50	80	2.08	1.47	14.30	1
Rainbow red cabbage salad	60	30	0.68	1.65	3.83	
Rutabaga - Raisin Salad	60	44	0.62	1.97	6.60	
Carrot salad	60	21	0.57	0.23	4.77	
Salad dressings	12	67	0.14	7.31	0.29	10;2
Mixed seeds	3	16	0.68	1.31	0.74	11
Raisins	10	32	0.21	0.04	7.75	
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 :	700	25.13	21.63	102.54		
Green pasta	250	412	12.18	18.89	49.47	1;2

Friday, 14.March	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Turkey risotto	250	299	13.13	9.31	42.11	
Carrot and pear salad	50	25	0.47	1.57	2.78	
Napa Cabbage Salad with Corn	60	36	0.44	1.73	5.32	
Beetroot and red currant salad	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	10	32	0.21	0.04	7.75	
Variety of bread	25	72	2.05	0.84	13.31	1;11;2
Banana and salad leaves	150	92	1.86	1.58	21.47	
Total :	666	20.85	22.17	102.23		
Bean-pumpkin stew with corn	150	194	7.53	7.99	26.83	
Herb cream sauce	100	109	1.44	9.11	5.60	1;2
Steamed rice	50	65	1.26	0.54	13.65	
Herb roasted potatoes	50	65	1.42	1.37	12.06	

Weekly average :	687	22.67	23.17	101.08
10 day average :	688	22.82	23.74	99.54

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