

## School Lunch Weekly Menu 17.03.2025 - 21.03.2025

### Grupp

ages 10-12

| Monday, 17.March                  | Amount, g | Kcal       | Protein, g   | Fats, g      | Carbohydrates, g | Allergens |
|-----------------------------------|-----------|------------|--------------|--------------|------------------|-----------|
| Chicken thigh seasoned with Curry | 50        | 78         | 10.55        | 3.80         | 0.39             |           |
| Steamed broccoli                  | 50        | 15         | 1.53         | 0.17         | 2.68             |           |
| Pearl (Israeli) Couscous          | 50        | 63         | 1.92         | 1.30         | 10.94            | 1         |
| Steamed buckwheat                 | 50        | 60         | 2.08         | 0.70         | 11.60            |           |
| Cabbage salad with cucumber       | 60        | 27         | 0.64         | 1.61         | 2.97             |           |
| Daikon and cucumber salad         | 60        | 8          | 0.51         | 0.06         | 1.79             |           |
| Polish carrot salad               | 60        | 21         | 0.48         | 0.23         | 4.94             |           |
| Salad dressings                   | 14        | 78         | 0.16         | 8.53         | 0.34             | 10;2      |
| Mixed seeds                       | 3         | 16         | 0.68         | 1.31         | 0.74             | 11        |
| Raisins                           | 25        | 81         | 0.52         | 0.10         | 19.38            |           |
| Dairy Products (Drinks)           | 125       | 68         | 4.05         | 3.28         | 5.71             | 2         |
| Variety of bread                  | 40        | 115        | 3.28         | 1.34         | 21.30            | 1;11;2    |
| Apple and carrot snacks           | 150       | 56         | 0.90         | 0.57         | 13.20            |           |
| <b>Total :</b>                    |           | <b>686</b> | <b>27.30</b> | <b>23.00</b> | <b>95.98</b>     |           |
| Sweet and sour cauliflower        | 150       | 51         | 2.57         | 0.72         | 10.21            |           |
| Cold yoghurt sauce                | 100       | 52         | 3.21         | 2.45         | 4.39             | 2         |

| Tuesday, 18.March                     | Amount, g | Kcal       | Protein, g   | Fats, g      | Carbohydrates, g | Allergens |
|---------------------------------------|-----------|------------|--------------|--------------|------------------|-----------|
| Vegetable & Chickpea coconut curry    | 150       | 116        | 3.88         | 6.36         | 12.27            |           |
| Steamed sweet corn                    | 50        | 49         | 1.51         | 0.39         | 10.35            |           |
| 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         |
| Pumpkin and cranberry salad           | 60        | 29         | 0.42         | 1.89         | 3.11             |           |
| Beetroot salad with daikon            | 60        | 31         | 0.83         | 1.30         | 4.13             |           |
| Salad dressings                       | 5         | 28         | 0.06         | 3.04         | 0.12             | 10;2      |
| Mixed seeds                           | 3         | 16         | 0.68         | 1.31         | 0.74             | 11        |
| Raisins                               | 20        | 65         | 0.42         | 0.08         | 15.50            |           |
| Dairy Products (Drinks)               | 150       | 82         | 4.86         | 3.94         | 6.86             | 2         |
| Variety of bread                      | 35        | 101        | 2.87         | 1.18         | 18.63            | 1;11;2    |
| Melon and tomato snack                | 150       | 34         | 0.98         | 0.23         | 7.42             |           |
| <b>Total :</b>                        |           | <b>642</b> | <b>18.55</b> | <b>22.12</b> | <b>94.95</b>     |           |
| Cheese and vegetable Quesadilla       | 250       | 628        | 23.82        | 35.25        | 11.71            | 1;2       |
| Herb Bechamel sauce                   | 100       | 83         | 1.90         | 6.04         | 5.67             | 1;2       |

| Wednesday, 19.March            | Amount, g | Kcal       | Protein, g   | Fats, g      | Carbohydrates, g | Allergens |
|--------------------------------|-----------|------------|--------------|--------------|------------------|-----------|
| Beef meatloaf                  | 50        | 90         | 9.02         | 3.72         | 5.23             | 1;3       |
| Tomato sauce                   | 100       | 59         | 1.01         | 2.74         | 7.77             |           |
| Roasted celeriac               | 50        | 29         | 0.82         | 1.64         | 3.50             | 9         |
| Mash potato                    | 50        | 69         | 1.46         | 2.36         | 10.64            | 2         |
| Boiled bulgur(LF)              | 50        | 66         | 1.73         | 0.19         | 13.60            | 1         |
| Beetroot salad (with garlic)   | 60        | 36         | 0.95         | 1.32         | 5.17             |           |
| Cabbage salad with dill        | 60        | 27         | 0.65         | 1.62         | 3.16             |           |
| Daikon salad                   | 60        | 23         | 0.61         | 1.57         | 2.08             |           |
| Salad dressings                | 3         | 17         | 0.03         | 1.83         | 0.07             | 10;2      |
| Mixed seeds                    | 5         | 27         | 1.14         | 2.19         | 1.24             | 11        |
| Raisins                        | 8         | 26         | 0.17         | 0.03         | 6.20             |           |
| Variety of bread               | 50        | 144        | 4.10         | 1.68         | 26.62            | 1;11;2    |
| Apple and white cabbage snacks | 150       | 48         | 0.98         | 0.42         | 11.48            |           |
| <b>Total :</b>                 |           | <b>660</b> | <b>22.67</b> | <b>21.31</b> | <b>96.76</b>     |           |
| Spinach risotto (GF)           | 250       | 300        | 9.77         | 10.19        | 43.19            | 2         |

| Thursday, 20.March        | Amount, g | Kcal       | Protein, g   | Fats, g      | Carbohydrates, g | Allergens |
|---------------------------|-----------|------------|--------------|--------------|------------------|-----------|
| Chicken schnitzel         | 50        | 133        | 11.02        | 6.67         | 7.07             | 1;3       |
| Curry sauce               | 100       | 89         | 2.74         | 5.40         | 7.58             | 1;2       |
| Baked carrot (GF, LG)     | 50        | 24         | 0.60         | 0.71         | 4.42             |           |
| Vegetable rice            | 50        | 64         | 1.56         | 0.53         | 13.39            |           |
| Cooked lentils            | 50        | 79         | 5.42         | 0.38         | 11.78            |           |
| Pumpkin and apple salad   | 60        | 27         | 0.37         | 0.71         | 5.42             |           |
| Beetroot salad            | 60        | 38         | 1.01         | 1.32         | 5.48             |           |
| Cucumber and Tomato Salad | 60        | 36         | 0.41         | 3.09         | 1.86             |           |
| Salad dressings           | 3         | 17         | 0.03         | 1.83         | 0.07             | 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          | 25        | 72         | 2.05         | 0.84         | 13.31            | 1;11;2    |
| Pear and kohlrabi snacks  | 150       | 50         | 0.68         | 0.45         | 12.45            |           |
| <b>Total :</b>            |           | <b>692</b> | <b>26.89</b> | <b>23.30</b> | <b>95.19</b>     |           |
| Veggie burger             | 250       | 199        | 6.55         | 7.02         | 26.91            | 1;10      |

| Friday, 21.March                         | Amount, g | Kcal       | Protein, g   | Fats, g      | Carbohydrates, g | Allergens |
|--|-----------|------------|--------------|--------------|------------------|-----------|
| Baked Hake fillet with tomato and cheese | 50        | 107        | 9.48         | 6.53         | 2.62             | 1;2;4     |
| Creamy dill sauce                        | 100       | 109        | 1.44         | 9.11         | 5.63             | 1;2       |
| Steamed cauliflower                      | 50        | 13         | 0.96         | 0.12         | 2.76             |           |
| Cooked pasta                             | 50        | 80         | 2.08         | 1.47         | 14.30            | 1         |
| Vegetable mash                           | 50        | 45         | 1.15         | 1.57         | 6.82             | 2         |
| Carrot salad                             | 60        | 21         | 0.57         | 0.23         | 4.77             |           |
| Swede, cauliflower and pepper salad      | 60        | 26         | 0.68         | 0.76         | 4.80             |           |
| Leek salad with sour cream               | 60        | 30         | 0.73         | 1.41         | 4.24             | 2         |
| Salad dressings                          | 2         | 11         | 0.02         | 1.22         | 0.05             | 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                         | 45        | 129        | 3.69         | 1.51         | 23.96            | 1;11;2    |
| Apple and daikon snacks                  | 150       | 53         | 0.54         | 0.46         | 12.93            |           |
| <b>Total :</b>                           |           | <b>688</b> | <b>22.34</b> | <b>25.76</b> | <b>95.24</b>     |           |
| Mediterranean casserole                  | 250       | 307        | 12.42        | 11.66        | 39.86            | 2;3       |

|                         |            |              |              |              |
|-------------------------|------------|--------------|--------------|--------------|
| <b>Weekly average :</b> | <b>674</b> | <b>23.55</b> | <b>23.1</b>  | <b>95.62</b> |
| <b>10 day average :</b> | <b>681</b> | <b>23.11</b> | <b>23.14</b> | <b>98.35</b> |

For more detailed information about the food names, ingredients and allergens please ask the service staff or contact via email: [tootearendus@balticrest.com](mailto: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