

School Lunch Weekly Menu 24.03.2025 - 28.03.2025

Grupp

ages 10-12

	Monday, 24.March	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Chicken Tikka Masala		150	204	9.46	13.40	10.32	2
Roasted swede		50	28	0.62	1.18	4.44	
Steamed rice		50	65	1.26	0.54	13.65	
Boiled bulgur		50	66	1.73	0.19	13.60	1
Daikon and carrot salad		60	16	0.60	0.16	3.76	
Carrot and cranberry salad		60	44	0.52	2.95	4.64	
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		10	32	0.21	0.04	7.75	
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
Banana and white cabbage		150	96	1.72	0.38	22.28	
		Total :	719	23.45	27.15	96.72	
Couscous with vegetables		250	348	8.75	14.08	48.43	1
Yoghurt - curry sauce		60	27	1.67	1.30	2.26	2
	Tuesday, 25.March	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Chilli sin Carne		150	129	4.84	4.39	19.33	
Roasted beetroot with herbs		50	30	0.96	0.62	5.26	
Cooked lentils		50	79	5.42	0.38	11.78	
Steamed potatoes		50	52	1.33	0.07	11.83	
Cabbage and pumpkin salad		60	32	0.58	2.20	2.99	
Pumpkin salad with blackcurrant		60	17	0.49	0.08	4.35	
Beet - cottage cheese salad		60	45	2.40	2.04	3.83	1;2;8
Salad dressings		17	95	0.20	10.35	0.41	10;2
Mixed seeds		3	16	0.68	1.31	0.74	11
Raisins		15	48	0.32	0.06	11.62	
Dairy Products (Drinks)		0	0	0	0	0	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 :	656	19.76	22.67	95.69	
Vegetable stir-fry noodles		250	245	5.69	10.67	32.67	1;7
Creamy dill sauce		60	65	0.86	5.47	3.38	1;2
	Wednesday, 26.March	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Crispy fish finger		50	72	10.59	0.82	5.66	1;2;3;4
Cold sour cream sauce		100	104	3.03	8.23	4.70	2
Steamed broccoli		50	15	1.53	0.17	2.68	
Cooked pasta		50	80	2.08	1.47	14.30	1
Quinoa		50	0	0	0	0	
Napa Cabbage Salad with Corn		60	40	1.05	2.61	3.43	
Swede and carrot salad		60	21	0.60	0.21	4.88	
Daikon and cucumber salad		60	8	0.51	0.06	1.79	
Salad dressings		10	56	0.12	6.09	0.24	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
Orange and daikon snacks		150	44	1.58	0.15	10.28	
		Total :	698	26.50	22.92	98.57	
Asian style rice noodles (Vegan)		250	287	8.13	6.28	38.64	11
	Thursday, 27.March	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Beef Burrito		250	414	20.32	8.65	27.33	1;2
Steamed green beans		50	16	1.02	0.06	3.84	
Swede salad		60	19	0.57	0.17	4.54	
Pumpkin and apple salad		60	27	0.37	0.71	5.42	
Beet Salad with Cucumbers		60	33	0.82	1.30	4.24	
Salad dressings		12	67	0.14	7.31	0.29	10;2
Mixed seeds		2	11	0.46	0.87	0.50	11
Raisins		5	16	0.10	0.02	3.88	
Variety of bread		25	72	2.05	0.84	13.31	1;11;2
Apple and carrot snacks		150	56	0.90	0.57	13.20	
		Total :	731	26.75	20.50	76.55	
Stuffed peppers with couscous (Vegan)		250	256	8.19	4.15	48.71	1
Tomato sauce		60	35	0.61	1.64	4.66	
Potato and swede mash		50	42	0.78	2.29	5.17	2
Cooked barley		50	57	1.45	0.35	12.39	1
	Friday, 28.March	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Chicken Pizza		250	393	20.51	11.92	51.81	2
		50	25	0.47	1.57	2.78	
Beetroot salad		60	26	0.96	0.12	5.22	
Carrot and cauliflower salad		60	40	0.62	2.61	4.38	
Daikon salad with sour cream		60	27	0.78	1.86	2.17	2
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	
Variety of bread		15	43	1.23	0.50	7.99	1;11;2
Pear and kohlrabi snacks		150	50	0.68	0.45	12.45	
		Total :	707	26.25	21.22	106.73	
Falafel		50	60	2.72	0.62	10.20	1
Lemon-yoghurt sauce		60	35	1.79	1.36	3.83	2
Pearl (Israeli) Couscous		50	63	1.92	1.30	10.94	1
Steamed buckwheat		50	60	2.08	0.70	11.60	

Weekly average :	702	24.54	22.89	94.85
10 day average :	688	24.05	23.00	95.24

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