

School Lunch Weekly Menu 31.03.2025 - 04.04.2025

Grupp

ages 10-12

Monday, 31.March	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Oven baked salmon	50	131	10.31	9.93	0.14	
Thai yogurt garam masala sauce	100	24	1.37	0.74	3.26	2
Steamed sweet corn	50	49	1.51	0.39	10.35	
Turmeric rice	50	68	1.35	0.57	14.35	
Quinoa	50	0	0	0	0	
Chinese cabbage salad with dill	60	23	0.97	1.38	1.98	
Carrot and garden pea salad	60	44	0.73	2.64	5.18	
Daikon salad	60	23	0.61	1.57	2.08	
Salad dressings	3	17	0.03	1.83	0.07	10;2
Mixed seeds	3	16	0.68	1.31	0.74	11
Raisins	30	97	0.63	0.12	23.25	
Dairy Products (Drinks)	125	70	4.56	3.32	5.66	2
Variety of bread	40	115	3.28	1.34	21.30	1;11;2
Apple and white cabbage snacks	150	48	0.98	0.42	11.48	
Total :	726	27.01	25.56	99.84		
Creamy lentil - vegetable curry	150	187	8.97	7.92	20.91	2

Tuesday, 1.April	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Vegetable Bolognese	150	119	6.41	4.83	12.78	
Steamed cauliflower	50	13	0.96	0.12	2.76	
Cooked pasta	50	80	2.08	1.47	14.30	1
Cooked barley	50	57	1.45	0.35	12.39	1
Sauerkraut salad	60	26	0.63	1.03	3.67	
Pumpkin and red currant salad	60	17	0.51	0.11	4.11	
Beetroot salad (with garlic)	60	36	0.95	1.32	5.17	
Salad dressings	15	84	0.17	9.13	0.36	10;2
Mixed seeds	5	27	1.14	2.19	1.24	11
Raisins	15	48	0.32	0.06	11.62	
Dairy Products (Drinks)	0	0	0	0	0	2
Variety of bread	30	86	2.46	1.01	15.97	1;11;2
Melon and carrot snacks	150	46	1.20	0.38	10.42	
Total :	640	18.28	22.00	94.79		
Fried rice with eggs	250	318	9.52	7.62	53.55	1;3;4;7
Herb cream sauce	100	109	1.44	9.11	5.60	1;2

Wednesday, 2.April	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Pulled Chickend Burger	250	155	12.89	5.25	12.50	
Baked carrot (GF, LG)	50	24	0.60	0.71	4.42	
Beetroot salad with yogurt dressing	60	26	1.06	0.26	4.95	2
Swede salad with orange	60	44	0.64	2.54	5.32	
Daikon salad with cabbage and carrot	60	26	0.61	1.34	3.47	
Salad dressings	15	84	0.17	9.13	0.36	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
Apple and kohlrabi snacks	150	48	0.52	0.42	11.92	
Total :	664	21.90	22.76	93.55		
Overcooked zucchini with tomato and mozzarella	50	47	2.37	2.79	3.21	10;2;3;4;9
Herb Bechamel sauce	60	51	1.24	3.65	3.31	1;2
Sweet potato oven fries	50	1034	0.92	6.00	13.31	
Pearl (Israeli) Couscous	50	63	1.92	1.30	10.94	1

Thursday, 3.April	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Roast pork with prunes	50	117	9.36	7.68	2.89	10
Creamy mustard sauce	100	117	1.24	10.21	5.20	1;10;2
Roasted pumpkin	50	25	0.47	1.57	2.78	
Herb roasted potatoes	50	65	1.42	1.37	12.06	
Cooked pasta	50	80	2.08	1.47	14.30	1
Swede salad with cranberries	60	21	0.52	0.21	4.95	
Carrot and zucchini salad	60	28	0.66	1.40	3.77	
Sauerkraut and beetroot salad	60	33	0.72	1.32	4.51	
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	20	57	1.64	0.67	10.65	1;11;2
Banana and daikon snacks	150	101	1.65	0.45	23.70	
Total :	724	20.79	29.55	97.24		
Vegetable lasagne	250	280	12.54	12.30	32.95	1;2;3

Friday, 4.April	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Homemade chicken nuggets	50	88	11.52	2.36	5.21	1;2;3
Cheese milk sauce	100	107	4.16	4.72	12.21	1;2;3;7;8
Roasted celeriac	50	29	0.82	1.64	3.50	9
Steamed rice	50	65	1.26	0.54	13.65	
Cooked lentils	50	79	5.42	0.38	11.78	
Carrot and pear salad	60	36	0.44	1.73	5.32	
Cucumber - Radish - Tomato Salad	60	20	0.49	1.29	1.93	
Pumpkin and swede salad	60	42	0.48	1.30	7.69	
Salad dressings	10	56	0.12	6.09	0.24	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	15	43	1.23	0.50	7.99	1;11;2
Apple and swede snacks	150	53	0.90	0.50	12.90	
Total :	699	27.94	22.44	98.66		
Potato and vegetable bake	250	287	13.04	6.28	45.82	10;2;3

Weekly average :	690	23.18	24.46	96.82
10 day average :	696	23.86	23.68	95.84

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