

## School Lunch Weekly Menu 28.04.2025 - 02.05.2025

### Grupp

ages 10-12

	Monday, 28.April	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Asian style Chicken - Coconut sauce		150	138	14.21	3.16	12.82	
Baked carrot		50	24	0.60	0.71	4.42	
Steamed rice		50	65	1.26	0.54	13.65	
Steamed potatoes		50	52	1.33	0.07	11.83	
Beetroot salad (with garlic)		60	36	0.95	1.32	5.17	
Sauerkraut salad with onions		60	37	0.61	1.34	5.73	
Swede salad		60	19	0.57	0.17	4.54	
Salad dressings		13	73	0.15	7.92	0.31	10;2
Mixed seeds		3	16	0.68	1.31	0.74	11
Raisins		3	10	0.06	0.01	2.33	
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 & Pumpkin Snacks		150	45	0.75	0.34	11.02	
		Total :	699	29.01	21.55	99.52	
Mushroom couscous		250	246	6.92	9.86	34.00	1
Yoghurt - curry sauce		100	45	2.78	2.16	3.77	2

	Tuesday, 29.April	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Sesame carrot patties		50	64	1.98	2.69	8.44	1;11;3
Thai yogurt garam masala sauce		100	24	1.37	0.74	3.26	2
Roasted celeriac		50	29	0.82	1.64	3.50	9
Mash potato		50	69	1.46	2.36	10.64	2
Steamed buckwheat		50	60	2.08	0.70	11.60	
Cabbage salad with dill		60	27	0.65	1.62	3.16	
Asian carrot salad		60	71	2.10	2.82	6.35	11
Daikon and cucumber salad		60	8	0.51	0.06	1.79	
Salad dressings		8	45	0.09	4.87	0.19	10;2
Mixed seeds		5	27	1.14	2.19	1.24	11
Raisins		10	32	0.21	0.04	7.75	
Dairy Products (Drinks)		0	0	0	0	0	2
Variety of bread		50	144	4.10	1.68	26.62	1;11;2
Orange and kohlrabi snacks		150	51	1.20	0.22	12.15	
		Total :	651	17.71	21.63	96.69	
Pumpkin potato bake		250	317	6.46	17.97	33.88	1;2

	Wednesday, 30.April	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Curried chicken thigh meat in yogurt marinade		50	74	10.06	3.21	1.36	2
Spicy tomato sauce		100	64	1.94	0.22	12.99	
Roasted pumpkin		50	25	0.47	1.57	2.78	
Pearl (Israeli) Couscous		50	63	1.92	1.30	10.94	1
Cooked lentils		50	79	5.42	0.38	11.78	
Iceberg and carrot salad		60	35	0.60	2.30	3.61	
Chinese cabbage salad with peppers		60	23	0.85	1.36	2.22	
Beetroot salad		60	26	0.96	0.12	5.22	
Salad dressings		15	84	0.17	9.13	0.36	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		35	101	2.87	1.18	18.63	1;11;2
Apple and daikon snacks		150	53	0.54	0.46	12.93	
		Total :	691	26.80	22.60	95.18	
Chickpea-mango curry with coconut milk (Vegan)		150	178	5.87	10.01	16.49	

	Friday, 2.May	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Thai fish casserole		150	169	11.73	11.57	6.24	2;4
Steamed garden peas		50	35	2.60	0.20	6.80	
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
Carrot and cranberry salad		60	44	0.52	2.95	4.64	
Napa Cabbage Salad with Corn		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		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 :	690	24.17	25.15	96.64	
Red lentil cottage pie		250	178	7.12	2.50	33.44	2;9
Creamy dill sauce		100	109	1.44	9.11	5.63	1;2

Weekly average :	683	24.42	22.73	97.01
10 day average :	685	24.99	23.13	96.43

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