

School Lunch Weekly Menu 12.05.2025 - 16.05.2025

Grupp

ages 10-12

Monday, 12.May	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Chicken tomato pasta	250	380	15.83	14.93	45.49	1;2
Steamed broccoli	50	15	1.53	0.17	2.68	
Beetroot and cucumber salad	60	48	0.84	3.10	4.43	
Carrot salad	60	21	0.57	0.23	4.77	
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	12	39	0.25	0.05	9.30	
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
Apple and swede snacks	150	53	0.90	0.50	12.90	
	Total :	725	27.25	27.29	95.85	
Mexican mixed beans hot pot	150	96	4.39	0.64	16.86	
Cold yoghurt sauce	100	52	3.21	2.45	4.39	2
Steamed rice	50	65	1.26	0.54	13.65	
Steamed potatoes	50	52	1.33	0.07	11.83	

Tuesday, 13.May	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Vegetable Paella	250	381	6.81	14.51	57.82	
Steamed sweet corn	50	49	1.51	0.39	10.35	
Carrot salad	60	21	0.57	0.23	4.77	
Swede and apple salad	60	23	0.45	0.18	5.48	
Beetroot salad with yogurt dressing	60	26	1.06	0.26	4.95	2
Salad dressings	3	17	0.03	1.83	0.07	10;2
Mixed seeds	15	82	3.42	6.56	3.72	11
Dairy Products (Drinks)	0	0	0	0	0	2
Variety of bread	15	43	1.23	0.50	7.99	1;11;2
Pear and cucumber snacks	150	39	0.75	0.38	9.52	
	Total :	682	15.83	24.84	104.67	
Cabbage- rice scone	50	59	1.78	2.09	8.52	1;2;3
Herb cream sauce	100	109	1.44	9.11	5.60	1;2
Herb roasted potatoes	50	65	1.42	1.37	12.06	
Cooked lentils	50	79	5.42	0.38	11.78	

Wednesday, 14.May	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Roast turkey thigh meat marinated with herbs	50	119	9.34	8.85	0.66	
Lemon-yoghurt sauce	100	58	2.98	2.27	6.38	2
Roasted beetroot with herbs	50	30	0.96	0.62	5.26	
Steamed rice	50	65	1.26	0.54	13.65	
Quinoa	50	0	0	0	0	
Napa Cabbage Salad with Corn	60	40	1.05	2.61	3.43	
Creamy carrot salad	60	21	0.73	0.36	4.40	2
Pumpkin and cranberry salad	60	29	0.42	1.89	3.11	
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	
Variety of bread	50	144	4.10	1.68	26.62	1;11;2
Apple and carrot snacks	150	56	0.90	0.57	13.20	
	Total :	691	23.08	22.65	100.77	
Tomato and broccoli pasta	250	424	16.05	12.77	61.14	1;2

Thursday, 15.May	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Burger with pulled pork	250	203	11.69	10.89	13.36	
Steamed cauliflower	50	13	0.96	0.12	2.76	
Daikon and cucumber salad	60	8	0.51	0.06	1.79	
Rainbow red cabbage salad	60	30	0.68	1.65	3.83	
Carrot and orange salad	60	45	0.64	2.57	5.48	
Salad dressings	3	17	0.03	1.83	0.07	10;2
Mixed seeds	10	55	2.28	4.37	2.48	11
Raisins	30	97	0.63	0.12	23.25	
Variety of bread	50	144	4.10	1.68	26.62	1;11;2
Pear and kohlrabi snacks	150	50	0.68	0.45	12.45	
	Total :	662	22.20	23.74	92.09	
Eggplant stew with black plums	150	62	1.69	0.47	14.51	9
Greek tomato sauce	100	56	1.01	2.63	7.41	
	50	1034	0.92	6.00	13.31	
Steamed rice	50	65	1.26	0.54	13.65	

Friday, 16.May	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Hake fillet schnitzel	50	99	8.83	6.28	1.78	1;3;4
Herb Bechamel sauce	100	85	2.07	6.08	5.51	1;2
Roasted zucchini	50	39	0.95	3.13	2.18	
Mash potato	50	69	1.46	2.36	10.64	2
Steamed rice	50	65	1.26	0.54	13.65	
Swede salad	60	19	0.57	0.17	4.54	
Cabbage and carrot salad	60	17	0.61	0.16	3.95	
Beetroot salad	60	38	1.01	1.32	5.48	
Salad dressings	3	17	0.03	1.83	0.07	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	45	129	3.69	1.51	23.96	1;11;2
Apple and daikon snacks	150	53	0.54	0.46	12.93	
	Total :	710	22.12	25.23	100.93	
Vegetable risotto	250	358	9.15	12.14	53.86	2

Weekly average :	694	22.1	24.75	98.86
10 day average :	693	23.23	24.70	97.68

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