

School Lunch Weekly Menu 19.05.2025 - 23.05.2025

Grupp

ages 10-12

Monday, 19.May	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
	50	125	9.57	9.48	0.66	
Bechamel sauce	100	70	3.41	2.37	9.09	1;2
Steamed sweet corn	50	49	1.51	0.39	10.35	
Steamed rice	50	65	1.26	0.54	13.65	
Steamed potatoes	50	52	1.33	0.07	11.83	
Sauerkraut salad with onions	60	37	0.61	1.34	5.73	
Rutabaga - Raisin Salad	60	44	0.62	1.97	6.60	
Rainbow red cabbage salad	60	30	0.68	1.65	3.83	
Salad dressings	2	11	0.02	1.22	0.05	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	10	29	0.82	0.34	5.32	1;11;2
Banana and carrot snacks	150	103	1.65	0.52	24.00	
	Total :	712	26.78	24.53	99.84	
Kidney beans and rice pilaf	250	355	8.70	9.83	56.39	

Tuesday, 20.May	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Green ratatouille	150	36	2.09	0.32	7.41	9
Cold yoghurt sauce	100	52	3.21	2.45	4.39	2
Steamed cauliflower	50	13	0.96	0.12	2.76	
Herb roasted potatoes	50	65	1.42	1.37	12.06	
Cooked lentils	50	79	5.42	0.38	11.78	
Creamy carrot salad	60	21	0.73	0.36	4.40	2
Beetroot salad (with garlic)	60	36	0.95	1.32	5.17	
Napa Cabbage Salad with Corn	60	40	1.05	2.61	3.43	
Salad dressings	16	89	0.19	9.74	0.39	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)	0	0	0	0	0	2
Variety of bread	20	57	1.64	0.67	10.65	1;11;2
Apple and red cabbage snacks	150	50	1.35	0.42	11.48	
	Total :	653	20.32	21.19	97.91	
Vegetable ragout	250	228	4.04	10.49	31.85	

Wednesday, 21.May	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Beef loaf with garlic and herbs	50	90	10.19	3.49	4.37	1;2;3
Creamy mustard sauce	100	117	1.24	10.21	5.20	1;10;2
Steamed green beans	50	16	1.02	0.06	3.84	
Cooked pasta	50	80	2.08	1.47	14.30	1
Steamed potatoes	50	52	1.33	0.07	11.83	
Daikon salad	60	23	0.61	1.57	2.08	
Leek salad with sour cream	60	30	0.73	1.41	4.24	2
Sauerkraut and beetroot salad	60	33	0.72	1.32	4.51	
Salad dressings	2	11	0.02	1.22	0.05	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	25	72	2.05	0.84	13.31	1;11;2
	150	39	0.90	0.38	8.18	
	Total :	677	22.20	23.47	95.90	
Red kidney beans and zucchini pasta	250	383	13.66	9.15	62.27	1

Thursday, 22.May	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Salmon pasta	250	375	20.78	14.02	41.65	1;2;4
Roasted swede	50	28	0.62	1.18	4.44	
Chinese cabbage salad with dill	60	23	0.97	1.38	1.98	
Pumpkin and cranberry salad	60	29	0.42	1.89	3.11	
Carrot and cauliflower salad	60	40	0.62	2.61	4.38	
Salad dressings	3	17	0.03	1.83	0.07	10;2
Mixed seeds	2	11	0.46	0.87	0.50	11
Raisins	30	97	0.63	0.12	23.25	
Variety of bread	15	43	1.23	0.50	7.99	1;11;2
Apple and cucumber snacks	150	38	0.60	0.34	9.00	
	Total :	700	26.36	24.74	96.37	
Carrot patties	50	78	1.90	2.74	12.17	1;2;3
Cold sour cream sauce	100	104	3.03	8.23	4.70	2
Pearl (Israeli) Couscous	50	63	1.92	1.30	10.94	1
Quinoa	50	0	0	0	0	

Friday, 23.May	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Roast turkey with mustard	50	87	12.30	4.09	0.15	10
Herb cream sauce	100	109	1.44	9.11	5.60	1;2
Roasted celeriac	50	29	0.82	1.64	3.50	9
Steamed potatoes	50	52	1.33	0.07	11.83	
Steamed buckwheat	50	60	2.08	0.70	11.60	
Beetroot salad with caraway seeds	60	38	1.05	1.45	5.30	
Napa Cabbage Salad with Corn	60	40	1.05	2.61	3.43	
Daikon and carrot salad	60	16	0.60	0.16	3.76	
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	30	86	2.46	1.01	15.97	1;11;2
Pear and cabbage snacks	150	50	1.12	0.45	12.00	
	Total :	681	25.48	24.53	93.33	
Rice noodles with broccoli and pea pesto	250	321	8.18	9.60	51.80	8

Weekly average :	684	24.23	23.69	96.67
10 day average :	689	23.17	24.22	97.77

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