

School Lunch Weekly Menu 05.05.2025 - 09.05.2025

Theme day menu - Stars on a plate

Grupp

ages 10-12

Monday, 5.May	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Chilli con carne Anett Kontaveit	150	201	9.64	13.88	9.57	
Roasted celeriac	50	29	0.82	1.64	3.50	9
Steamed potatoes	50	52	1.33	0.07	11.83	
Cooked pasta	50	80	2.08	1.47	14.30	1
Cabbage and sweet peppers salad	60	15	0.66	0.13	3.33	
Swede salad with orange	60	44	0.64	2.54	5.32	
Beetroot salad with caraway seeds	60	38	1.05	1.45	5.30	
Salad dressings	3	17	0.03	1.83	0.07	10;2
Mixed seeds	3	16	0.68	1.31	0.74	11
Dairy Products (Drinks)	125	70	4.56	3.32	5.66	2
Variety of bread	30	86	2.46	1.01	15.97	1;11;2
Banana and cucumber snacks	150	86	1.35	0.30	19.80	
	Total :	734	25.30	28.95	95.39	
Vegetable stew	250	275	7.35	14.68	28.43	2
Cold sour cream sauce	100	104	3.03	8.23	4.70	2

Tuesday, 6.May	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Potato pancake Allika	50	69	1.71	2.39	10.34	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 lentils	50	79	5.42	0.38	11.78	
Turmeric rice	50	68	1.35	0.57	14.35	
Pumpkin and swede salad	60	42	0.48	1.30	7.69	
Oriental style red cabbage salad	60	30	0.81	1.35	4.35	
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	3	16	0.68	1.31	0.74	11
Raisins	3	10	0.06	0.01	2.33	
Dairy Products (Drinks)	0	0	0	0	0	2
Variety of bread	40	115	3.28	1.34	21.30	1;11;2
Apple and salad leaves	150	44	1.11	1.63	10.67	
	Total :	664	17.81	24.99	97.04	
Pasta with creamy beetroot sauce	250	370	15.10	10.85	52.51	1;2

Wednesday, 7.May	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Grusian style chicken Priit Kuusk	50	101	10.98	5.95	0.94	2
Herb Bechamel sauce	100	83	1.90	6.04	5.67	1;2
Baked carrot	50	24	0.60	0.71	4.42	
Herb roasted potatoes	50	65	1.42	1.37	12.06	
Quinoa	50	0	0	0	0	
Sauerkraut salad	60	26	0.63	1.03	3.67	
Cabbage salad with tomatoes	60	32	0.59	2.22	2.88	
Beetroot salad	60	26	0.96	0.12	5.22	
Salad dressings	6	33	0.07	3.65	0.15	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
Pear and daikon snacks	150	43	1.05	0.38	10.58	
	Total :	691	23.61	24.58	96.20	
Sweet and sour vegetable rice noodles	250	241	4.59	5.89	43.13	1;7

Thursday, 8.May	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Brazilian fish stew with coconut	150	112	13.23	3.94	7.61	4
Steamed garden peas and sweet corn	50	42	2.06	0.30	8.57	
Steamed rice	50	65	1.26	0.54	13.65	
Mash potato	50	69	1.46	2.36	10.64	2
Daikon salad	60	23	0.61	1.57	2.08	
Pumpkin and red currant salad	60	17	0.51	0.11	4.11	
Aisberg salad with cucumber	60	20	0.61	1.31	1.73	
Salad dressings	15	84	0.17	9.13	0.36	10;2
Mixed seeds	3	16	0.68	1.31	0.74	11
Raisins	10	32	0.21	0.04	7.75	
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 :	677	25.80	22.79	96.76	
Mushroom risotto	250	260	5.18	9.39	39.69	
Lemon-yoghurt sauce	100	58	2.98	2.27	6.38	2

Friday, 9.May	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Roast turkey with garlic and herbs Keili Sükiainen	50	110	12.32	6.54	0.68	
Bechamel sauce	100	70	3.41	2.37	9.09	1;2
Roasted brussels sprouts	50	29	1.75	1.75	2.20	
Pearl (Israeli) Couscous	50	63	1.92	1.30	10.94	1
Steamed buckwheat	50	60	2.08	0.70	11.60	
Carrot and apple salad	60	41	0.45	2.33	5.33	
Chinese cabbage salad with dill	60	23	0.97	1.38	1.98	
Swede and apple salad	60	23	0.45	0.18	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	15	48	0.32	0.06	11.62	
Variety of bread	50	144	4.10	1.68	26.62	1;11;2
Pear and tomato snacks	150	46	0.82	0.46	10.72	
	Total :	690	29.30	21.89	97.07	
Rice and vegetable patties	50	60	0.97	2.83	8.15	3

Weekly average :	691	24.36	24.64	96.49
10 day average :				

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