

School Lunch Weekly Menu 01.09.2025 - 05.09.2025

Grupp

4–9 klass

Monday, 1.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chicken thigh seasoned with curry	50	83	14.11	2.88	0	
Cold yoghurt sauce	100	53	3.22	2.45	4.44	2
Steamed broccoli	50	17	1.68	0.19	2.94	
Pearl couscous	50	56	1.92	0.55	10.94	1
Steamed buckwheat	50	59	2.08	0.60	11.60	
Cabbage salad with cucumber	60	27	0.64	1.61	2.97	
Daikon and cucumber salad	60	8	0.51	0.06	1.79	
Polish carrot salad	60	21	0.48	0.23	4.94	
Salad dressings	14	78	0.16	8.53	0.34	10;2
Mixed seeds	15	82	3.42	6.56	3.72	11
Dairy Products (Drinks)	125	68	4.05	3.28	5.71	2
Variety of bread	40	115	3.28	1.34	21.30	1;11;2
Apple and carrot snacks	150	56	0.90	0.57	13.20	
	Total :	722	36.45	28.85	83.89	
Sweet and sour cauliflower	150	73	3.54	2.56	10.96	

Tuesday, 2.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Vegetable & chickpea coconut curry	150	137	5.10	7.87	12.65	
Steamed sweet corn	50	52	1.59	0.41	10.87	
Steamed rice	50	64	1.26	0.44	13.65	
Boiled quinoa	50	0	0	0	0	
Daikon salad with sour cream dressing	60	27	0.78	1.86	2.17	2
Pumpkin and cranberry salad	60	29	0.42	1.89	3.11	
Beetroot salad with daikon	60	31	0.83	1.30	4.13	
Salad dressings	10	56	0.12	6.09	0.24	10;2
Mixed seeds	15	82	3.42	6.56	3.72	11
Dairy Products (Drinks)	125	68	4.05	3.28	5.71	2
Variety of bread	50	144	4.10	1.68	26.62	1;11;2
Melon and tomato snack	150	34	0.98	0.23	7.42	
	Total :	724	22.65	31.61	90.29	
Cheese and vegetable quesadilla	250	635	24.03	35.38	11.85	1;2
Sauce with herbs	100	114	1.69	9.60	5.30	1;2

Wednesday, 3.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Beef meatloaf	50	89	9.15	3.40	5.56	1;3
Tomato sauce	100	30	0.99	0.74	5.13	
Roasted celery	50	21	0.99	0.41	4.24	9
Mash potato	50	50	1.37	0.45	10.50	2
Boiled bulgur	50	68	1.73	0.44	13.60	1
Beetroot salad (with garlic)	60	36	0.95	1.32	5.17	
Cabbage salad with dill	60	27	0.65	1.62	3.16	
Daikon salad	60	23	0.61	1.57	2.08	
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)	125	68	4.05	3.28	5.71	2
Variety of bread	50	144	4.10	1.68	26.62	1;11;2
Apple and white cabbage snacks	150	48	0.98	0.42	11.48	
	Total :	705	29.02	23.72	97.04	
Spinach risotto	250	336	16.55	10.36	44.90	2

Thursday, 4.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chicken schnitzel	50	91	13.31	0.93	7.04	1;3
Curry sauce	100	61	2.69	2.35	7.39	1;2
Baked carrot	50	25	0.70	0.51	5.22	
Vegetable rice	50	56	1.44	0.40	12.03	
Cooked green lentils	50	79	5.42	0.38	11.78	
Pumpkin and apple salad	60	25	0.37	0.41	5.42	
Beetroot salad	60	38	1.01	1.32	5.48	
Cucumber and tomato salad	60	36	0.41	3.09	1.86	
Salad dressings	3	17	0.03	1.83	0.06	2
Mixed seeds	10	55	2.28	4.37	2.48	11
Dairy Products (Drinks)	125	68	4.05	3.28	5.71	2
Variety of bread	40	115	3.28	1.34	21.30	1;11;2
Pear and kohlrabi snacks	150	50	0.68	0.45	12.45	
	Total :	716	35.67	20.66	98.22	
Veggie burger	250	116	4.36	4.87	13.31	

Friday, 5.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Baked Hake fillet with tomato and cheese	50	90	11.19	3.90	2.42	1;2;4
Creamy dilll sauce	100	130	1.98	10.63	6.80	1;2
Steamed cauliflower	50	12	0.88	0.11	2.53	
Cooked pasta	50	71	2.08	0.47	14.30	1
Vegetable mash	50	33	1.14	0.55	6.22	2
Carrot salad	60	21	0.57	0.23	4.77	
Swede, cauliflower and pepper salad	60	26	0.68	0.76	4.80	
Leek salad with sour cream	60	30	0.73	1.41	4.24	2
Salad dressings	5	28	0.06	3.04	0.12	10;2
Mixed seeds	10	55	2.28	4.37	2.48	11
Dairy Products (Drinks)	125	68	4.05	3.28	5.71	2
Variety of bread	50	144	4.10	1.68	26.62	1;11;2
Apple and daikon snacks	150	53	0.54	0.46	12.93	
	Total :	760	30.28	30.89	93.94	
Mediterranean casserole	250	370	11.80	20.05	37.10	2;3

Weekly average :	725	30.81	27.15	92.68
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