

School Lunch Weekly Menu 08.09.2025 - 12.09.2025

Grupp

4–9 klass

Monday, 8.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chicken Tikka Masala	150	165	11.99	6.87	13.63	2
Roasted turnip	50	20	0.57	0.42	4.20	
Steamed rice	50	64	1.26	0.44	13.65	
Boiled bulgur	50	68	1.73	0.44	13.60	1
Daikon and carrot salad	60	16	0.60	0.16	3.76	
Carrot and cranberry salad	60	44	0.52	2.95	4.64	
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	10	55	2.28	4.37	2.48	11
Dairy Products (Drinks)	125	70	4.54	3.33	5.66	2
Variety of bread	35	101	2.87	1.18	18.63	1;11;2
Banana and white cabbage	150	96	1.72	0.38	22.28	
	Total :	737	28.94	23.72	104.42	
Cous-cous with vegetables	250	258	9.32	3.57	49.00	1
Yoghurt - curry sauce	60	30	1.86	1.45	2.50	2

Tuesday, 9.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chilli sin carne	150	100	5.08	1.27	18.69	
Roasted beetroot with herbs	50	28	0.96	0.37	5.22	
Cooked green lentils	50	79	5.42	0.38	11.78	
Steamed potatoes	50	52	1.33	0.07	11.83	
Cabbage and pumpkin salad	60	32	0.58	2.20	2.99	
Pumpkin salad with blackcurrant	60	17	0.49	0.08	4.35	
Beet - cottage cheese salad	60	45	2.40	2.04	3.83	1;2;8
Salad dressings	10	56	0.12	6.09	0.24	10;2
Mixed seeds	10	55	2.28	4.37	2.48	11
Dairy Products (Drinks)	125	70	4.54	3.33	5.66	2
Variety of bread	40	115	3.28	1.34	21.30	1;11;2
Apple and swede snacks	150	53	0.90	0.50	12.90	
	Total :	703	27.38	22.04	101.27	
Vegetable stir-fry noodles	250	176	5.66	2.87	32.50	1;7
Creamy dilll sauce	60	78	1.19	6.38	4.08	1;2

Wednesday, 10.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Crispy fish finger	50	48	10.09	0.75	0.08	1;3;4
Cold sour cream sauce	100	105	3.06	8.61	4.05	2
Steamed broccoli	50	17	1.68	0.19	2.94	
Cooked pasta	50	71	2.08	0.47	14.30	1
Boiled quinoa	50	0	0	0	0	
Napa Cabbage Salad with Corn	60	40	1.05	2.61	3.43	
Swede and carrot salad	60	21	0.60	0.21	4.88	
Daikon and cucumber salad	60	8	0.51	0.06	1.79	
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	70	4.54	3.33	5.66	2
Variety of bread	50	144	4.10	1.68	26.62	1;11;2
Orange and daikon snacks	150	44	1.58	0.15	10.28	
	Total :	707	32.83	30.71	77.99	
Asian style rice noodles (vegan)	250	200	4.86	3.50	38.17	1;11;7

Thursday, 11.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Beef Burrito	230	435	25.56	11.82	24.89	1;2
Steamed green beans	50	14	0.89	0.05	3.36	
Turnip salad	60	28	0.57	0.17	6.86	
Pumpkin and apple salad	60	25	0.37	0.41	5.42	
Beet salad with cucumbers	60	33	0.82	1.30	4.24	
Salad dressings	5	28	0.06	3.04	0.11	2
Mixed seeds	3	16	0.68	1.31	0.74	11
Dairy Products (Drinks)	125	70	4.54	3.33	5.66	2
Variety of bread	20	57	1.64	0.67	10.65	1;11;2
Apple and carrot snacks	150	56	0.90	0.57	13.20	
	Total :	763	36.03	22.67	75.13	
Stuffed peppers with couscous (vegan)	250	190	6.04	2.58	37.72	1
Tomato sauce	60	18	0.59	0.45	3.08	
Potato and swede mash	50	40	1.15	0.49	8.41	2
Cooked barley	50	57	1.45	0.35	12.39	1

Friday, 12.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chicken in paprika marinade	50	92	14.23	3.72	0.18	10
Lemon-yoghurt sauce	100	50	3.05	2.33	4.21	2
Roasted pumpkin	50	17	0.60	0.32	3.60	
Pearl couscous	50	56	1.92	0.55	10.94	1
Steamed buckwheat	50	59	2.08	0.60	11.60	
Beetroot salad	60	26	0.96	0.12	5.22	
Carrot and cauliflower salad	60	40	0.62	2.61	4.38	
Daikon salad with sour cream	60	27	0.78	1.86	2.17	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	70	4.54	3.33	5.66	2
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 :	713	35.90	24.98	89.63	
Falafel	50	76	3.95	0.48	13.96	1

Weekly average :	725	32.22	24.82	89.69
10 day average :	725	31.52	25.99	91.19

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