

School Lunch Weekly Menu 15.09.2025 - 19.09.2025

Grupp

4–9 klass

Monday, 15.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Oven baked salmon	50	132	12.62	9.11	0.03	
Thai yogurt garam masala sauce	100	21	1.25	0.70	2.62	2
Steamed sweet corn	50	52	1.59	0.41	10.87	
Turmeric rice	50	64	1.26	0.44	13.65	
Boiled quinoa	50	0	0	0	0	
Chinese cabbage salad with dill	60	23	0.97	1.38	1.98	
Carrot and garden pea salad	60	44	0.73	2.64	5.18	
Daikon salad	60	23	0.61	1.57	2.08	
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
Apple and white cabbage snacks	150	48	0.98	0.42	11.48	
	Total :	704	30.99	29.09	82.77	
Creamy lentil - vegetable curry	150	166	9.06	5.87	19.56	2

Tuesday, 16.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Vegetable Bolognese	150	71	5.06	1.12	10.80	
Steamed cauliflower	50	12	0.88	0.11	2.53	
Cooked pasta	50	71	2.08	0.47	14.30	1
Cooked barley	50	57	1.45	0.35	12.39	1
Sauerkraut salad	60	26	0.63	1.03	3.67	
Pumpkin and red currant salad	60	17	0.51	0.11	4.11	
Beetroot salad (with garlic)	60	36	0.95	1.32	5.17	
Salad dressings	15	84	0.17	9.13	0.36	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
Melon and carrot snacks	150	46	1.20	0.38	10.42	
	Total :	716	24.99	25.59	99.75	
Fried rice with eggs	250	318	9.52	7.62	53.55	1;3;4;7
Herb cream sauce	100	129	1.97	10.63	6.44	1;2

Wednesday, 17.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Pulled chicken burger	250	118	13.08	2.76	10.44	1;7
Baked carrot	50	25	0.70	0.51	5.22	
Beetroot salad with yogurt dressing	60	26	1.06	0.26	4.95	2
Swede salad with orange	60	44	0.64	2.54	5.32	
Daikon salad with cabbage and carrot	60	26	0.61	1.34	3.47	
Salad dressings	20	112	0.23	12.18	0.48	10;2
Mixed seeds	20	110	4.56	8.74	4.97	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
Apple and kohlrabi snacks	150	48	0.52	0.42	11.92	
	Total :	723	30.04	33.76	79.05	
"Overcooked zucchini with tomato and mozzarella	50	43	2.35	2.29	3.11	10;2;3;4;9
Sauce with herbs	60	69	1.09	5.78	3.04	1;2
"Sweet potato oven fries	50	1022	0.90	4.75	13.20	
Pearl couscous	50	56	1.92	0.55	10.94	1

Thursday, 18.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Roast pork with prunes	50	146	12.54	9.62	2.72	
Creamy mustard sauce	100	137	2.23	11.21	6.83	1;10;2
Roasted pumpkin	50	17	0.60	0.32	3.60	
Herb roasted potatoes	50	54	1.33	0.32	11.83	
Cooked pasta	50	71	2.08	0.47	14.30	1
Turnip salad with cranberries	60	28	0.52	0.21	6.84	
Carrot and zucchini salad	60	20	0.66	0.50	3.77	
Sauerkraut and beetroot salad	60	19	0.74	0.42	3.06	
Salad dressings	3	17	0.03	1.83	0.06	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	40	115	3.28	1.34	21.30	1;11;2
Banana and daikon snacks	150	101	1.65	0.45	23.70	
	Total :	812	30.88	31.33	104.41	
Vegetable lasagne	250	476	24.87	11.90	69.91	1;2;3

Friday, 19.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Homemade chicken nuggets	50	91	11.73	2.54	5.28	1;2;3
Cheese milk sauce	100	175	3.77	15.00	6.30	2
Roasted celery	50	21	0.99	0.41	4.24	9
Steamed rice	50	64	1.26	0.44	13.65	
Cooked green lentils	50	79	5.42	0.38	11.78	
Carrot and pear salad	60	36	0.44	1.73	5.32	
Cucumber - Radish - Tomato Salad	60	20	0.49	1.29	1.93	
Pumpkin and swede salad	60	42	0.48	1.30	7.69	
Salad dressings	10	56	0.12	6.09	0.24	10;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	15	43	1.23	0.50	7.99	1;11;2
Apple and swede snacks	150	53	0.90	0.50	12.90	
	Total :	767	32.05	34.82	83.72	
Potato and vegetable bake	250	280	15.63	8.82	35.60	10;2;3

Weekly average :	744	29.79	30.92	89.94
10 day average :	735	31.01	27.87	89.82

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