

School Lunch Weekly Menu 22.09.2025 - 26.09.2025

Grupp

4–9 klass

Monday, 22.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Beef bourguignon	150	111	7.40	6.47	6.48	9
Steamed cauliflower	50	12	0.88	0.11	2.53	
Herb roasted potatoes	50	54	1.33	0.32	11.83	
Pearl couscous	50	56	1.92	0.55	10.94	1
Swede and apple salad	60	23	0.45	0.18	5.48	
Carrot and cauliflower salad	60	40	0.62	2.61	4.38	
Chinese cabbage salad with dill	60	23	0.97	1.38	1.98	
Salad dressings	5	28	0.06	3.04	0.12	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
Pear and carrot snacks	150	57	1.05	0.60	13.72	
	Total :	701	26.74	26.83	93.46	
Buckwheat stir fry vegetables	250	266	9.08	3.76	51.47	
Bechamel sauce	60	125	1.77	10.87	4.98	1;2

Tuesday, 23.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Broccoli and cheese patties	50	77	3.70	3.57	8.11	2;3
Cottage cheese sauce	100	139	9.36	8.00	2.69	2
Roasted turnip	50	20	0.57	0.42	4.20	
Steamed buckwheat	50	59	2.08	0.60	11.60	
Cooked barley	50	57	1.45	0.35	12.39	1
Chinese cabbage salad with cucumber	60	22	0.83	1.35	1.82	
Pumpkin and cranberry salad	60	29	0.42	1.89	3.11	
Daikon salad	60	23	0.61	1.57	2.08	
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	4.54	3.33	5.66	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 :	725	28.91	26.36	92.02	
Mushroom stew	150	90	2.94	5.79	6.90	1;2

Wednesday, 24.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chicken pizza	250	485	24.63	18.36	56.25	2
Roasted celery	50	21	0.99	0.41	4.24	9
Beetroot salad (with garlic)	60	36	0.95	1.32	5.17	
Rainbow red cabbage salad	60	30	0.68	1.65	3.83	
Daikon and cucumber salad	60	8	0.51	0.06	1.79	
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	4.54	3.33	5.66	2
Variety of bread	20	57	1.64	0.67	10.65	1;11;2
Orange and swede snacks	150	55	1.58	0.30	13.12	
	Total :	797	36.23	29.24	101.52	
Stir fry vegetables	150	52	2.11	1.24	9.91	
Spicy tomato sauce	100	45	2.11	0.20	8.56	
Mash potato	50	50	1.37	0.45	10.50	2
Steamed rice	50	64	1.26	0.44	13.65	

Thursday, 25.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Fish pasta	250	403	14.95	15.37	51.46	1;4
Roasted beetroot with herbs	50	28	0.96	0.37	5.22	
Cucumber and zucchini salad with herbs	60	12	0.57	0.39	1.68	
Turnip salad with celery and apples	60	29	0.51	0.17	6.99	9
Napa cabbage salad with dill	60	16	1.02	0.49	2.07	
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	20	57	1.64	0.67	10.65	1;11;2
Apple and kohlrabi snacks	150	48	0.52	0.42	11.92	
	Total :	697	25.42	24.35	96.45	
Sweet potato and bean hot pot	150	131	4.89	1.39	26.50	
Tzatziki sauce	60	24	1.49	1.09	2.23	2
Steamed rice	50	64	1.26	0.44	13.65	
Herb roasted potatoes	50	54	1.33	0.32	11.83	

Friday, 26.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Turkey shashlik	50	75	13.88	1.97	0.43	
Greek tomato sauce	100	29	1.10	0.64	4.90	
Steamed garden peas and sweet corn	50	44	2.16	0.31	9.00	
Cooked pasta	50	71	2.08	0.47	14.30	1
Cooked green lentils	50	79	5.42	0.38	11.78	
Sauerkraut salad with onions	60	37	0.61	1.34	5.73	
Beetroot salad with leeks	60	25	0.97	0.12	5.14	
Cabbage and carrot salad	60	33	0.71	1.38	5.17	
Salad dressings	13	73	0.15	7.92	0.31	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	20	57	1.64	0.67	10.65	1;11;2
Banana and white cabbage	150	96	1.72	0.38	22.28	
	Total :	706	35.66	20.22	96.09	
Chickpea and vegetable hot pot	250	182	7.63	2.37	31.63	

Weekly average :	725	30.59	25.4	95.91
10 day average :	735	30.19	28.16	92.93

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