

School Lunch Weekly Menu 29.09.2025 - 03.10.2025

Grupp

4–9 klass

Monday, 29.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Hungarian chicken paprikash	150	79	8.14	1.08	9.62	
Steamed broccoli	50	17	1.68	0.19	2.94	
Steamed buckwheat	50	59	2.08	0.60	11.60	
Steamed potatoes	50	52	1.33	0.07	11.83	
Beetroot salad with caraway seeds	60	38	1.05	1.45	5.30	
Carrot and garden pea salad	60	44	0.73	2.64	5.18	
Napa Cabbage Salad with Corn	60	40	1.05	2.61	3.43	
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
Apple and swede snacks	150	53	0.90	0.50	12.90	
	Total :	706	29.08	23.75	98.92	
Cous-cous with vegetables	250	258	9.32	3.57	49.00	1
Cold sour cream sauce	100	105	3.06	8.61	4.05	2

Tuesday, 30.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Beetroot and quark patties	50	61	3.86	2.09	6.57	1;2;3
Cold yoghurt sauce	100	53	3.22	2.45	4.44	2
Roasted pumpkin	50	17	0.60	0.32	3.60	
Herb roasted potatoes	50	54	1.33	0.32	11.83	
Cooked green lentils	50	79	5.42	0.38	11.78	
Daikon salad	60	23	0.61	1.57	2.08	
Cabbage and pumpkin salad	60	32	0.58	2.20	2.99	
Swede salad with orange	60	44	0.64	2.54	5.32	
Salad dressings	7	39	0.08	4.26	0.17	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 carrot snacks	150	57	1.05	0.60	13.72	
	Total :	727	28.31	26.11	97.26	
Vegetable curry with beans	150	157	6.27	7.19	19.06	2

Wednesday, 1.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Crispy fish breaded in rice flour	50	72	11.65	0.92	4.06	3;4
Bechamel sauce	100	208	2.94	18.12	8.30	1;2
Steamed green beans	50	14	0.89	0.05	3.36	
Steamed rice	50	64	1.26	0.44	13.65	
Pearl couscous	50	56	1.92	0.55	10.94	1
Carrot and leek salad	60	31	0.68	1.43	4.54	
Daikon salad	60	23	0.61	1.57	2.08	
Pumpkin salad with raisins	60	21	0.52	0.08	5.02	
Salad dressings	3	17	0.03	1.83	0.07	10;2
Mixed seeds	5	27	1.14	2.19	1.24	11
Dairy Products (Drinks)	125	70	4.54	3.33	5.66	2
Variety of bread	25	72	2.05	0.84	13.31	1;11;2
Apple and red cabbage snacks	150	50	1.35	0.42	11.48	
	Total :	725	29.58	31.77	83.71	
Lentil and cauliflower pilaf	250	310	13.50	2.89	58.55	

Thursday, 2.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chicken and potato casserole	250	168	12.74	1.68	26.60	
Baked carrot	50	25	0.70	0.51	5.22	
Turnip salad with orange	60	25	0.64	0.44	5.32	
Beetroot salad (with garlic)	60	36	0.95	1.32	5.17	
Iceberg salad with cucumber	60	12	0.61	0.41	1.73	
Salad dressings	15	84	0.17	9.13	0.32	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
Satsuma and pumpkin snacks	150	38	1.12	0.15	8.93	
	Total :	711	30.13	27.39	90.54	
Carrot vegetarian meatloaf	50	65	1.94	3.07	7.83	1;2;3
Beetroot-cottage cheese cold sauce	100	81	7.96	3.64	3.94	2;3
Steamed potatoes	50	52	1.33	0.07	11.83	
Cooked barley	50	57	1.45	0.35	12.39	1

Friday, 3.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Oven baked ribs	50	74	6.43	4.76	1.45	
Tomato sauce	100	33	1.36	0.66	5.86	
Roasted celery	50	21	0.99	0.41	4.24	9
Herb roasted potatoes	50	54	1.33	0.32	11.83	
Steamed rice	50	64	1.26	0.44	13.65	
Chinese cabbage salad with dill	60	23	0.97	1.38	1.98	
Swede salad	60	19	0.57	0.17	4.54	
Carrot and leek salad	60	31	0.68	1.43	4.54	
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
Apple and daikon snacks	150	53	0.54	0.46	12.93	
	Total :	724	26.31	27.69	97.26	
Potato and cauliflower casserole	250	270	12.86	13.63	25.69	1;2

Weekly average :	719	28.68	27.34	93.54
10 day average :	722	29.64	26.37	94.73

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