

School Lunch Weekly Menu 13.10.2025 - 17.10.2025

Grupp

4–9 klass

Monday, 13.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Asian style chicken - coconut stew	150	145	13.06	4.22	13.20	
Baked carrot	50	25	0.70	0.51	5.22	
Steamed rice	50	64	1.26	0.44	13.65	
Steamed potatoes	50	52	1.33	0.07	11.83	
Beetroot salad (with garlic)	60	36	0.95	1.32	5.17	
Sauerkraut salad with onions	60	37	0.61	1.34	5.73	
Swede salad	60	19	0.57	0.17	4.54	
Salad dressings	15	84	0.17	9.13	0.32	10;2
Mixed seeds	5	27	1.14	2.19	1.24	11
Pria milk product	125	68	4.05	3.28	5.71	2
Variety of bread	40	115	3.28	1.34	21.30	1;11;2
Apple & Pumpkin Snacks	150	45	0.75	0.34	11.02	
	Total :	717	27.87	24.35	98.93	
Mushroom couscous	250	246	6.92	9.86	34.00	1
Yoghurt - curry sauce	100	51	3.10	2.41	4.17	2

Tuesday, 14.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Sesame carrot patties	50	81	2.49	3.28	10.98	1;11;2;3
Thai yogurt garam masala sauce	100	21	1.25	0.70	2.62	2
Roasted celery	50	21	0.99	0.42	4.24	9
Mash potato	50	50	1.37	0.45	10.50	2
Steamed buckwheat	50	59	2.08	0.60	11.60	
Cabbage salad with dill	60	27	0.65	1.62	3.16	
Asian carrot salad	60	71	2.10	2.82	6.35	11
Daikon and cucumber salad	60	8	0.51	0.06	1.79	
Salad dressings	3	17	0.03	1.83	0.06	10;2
Mixed seeds	30	165	6.84	13.12	7.45	11
Pria milk product	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 carrot snacks	150	57	1.05	0.60	13.72	
	Total :	761	26.69	30.12	99.48	
Pumpkin potato bake	250	196	4.27	7.49	29.24	1;2

Wednesday, 15.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Curried chicken thigh meat in yogurt marinade	50	93	14.69	3.26	1.09	2
Spicy tomato sauce	100	45	2.11	0.20	8.56	
Roasted pumpkin	50	17	0.60	0.32	3.60	
Pearl couscous	50	65	2.24	0.60	12.76	1
Cooked green lentils	50	79	5.42	0.38	11.78	
Iceberg and carrot salad	60	35	0.60	2.30	3.61	
Chinese cabbage salad with peppers	60	23	0.85	1.36	2.22	
Beetroot salad	60	26	0.96	0.12	5.22	
Salad dressings	15	84	0.17	9.13	0.32	10;2
Mixed seeds	5	27	1.14	2.19	1.24	11
Pria milk product	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 :	759	37.47	25.28	95.66	
Chickpea-mango curry with coconut milk (Vegan)	150	178	5.87	10.01	16.49	

Thursday, 16.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Beef azu	250	176	11.03	6.28	18.85	
Roasted brussels sprouts (GF,LF)	50	29	1.75	1.75	2.20	
Cabbage and pumpkin salad	60	32	0.58	2.20	2.99	
Rainbow red cabbage salad	60	30	0.68	1.65	3.83	
Carrot and apple salad	60	41	0.45	2.33	5.33	
Salad dressings	3	17	0.03	1.83	0.06	10;2
Mixed seeds	25	137	5.70	10.93	6.21	11
Pria milk product	125	68	4.05	3.28	5.71	2
Variety of bread	50	144	4.10	1.68	26.62	1;11;2
Plum and cucumber snacks	150	40	0.98	0.52	8.62	
	Total :	714	29.35	32.45	80.42	
Cous-cous and carrot patties	50	77	2.51	3.59	9.06	1;11;2;3
Bechamel sauce	100	208	2.94	18.12	8.30	1;2
Steamed potatoes	50	52	1.33	0.07	11.83	
Cooked pasta	50	71	2.08	0.47	14.30	1

Friday, 17.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Thai fish casserole	150	137	13.18	8.67	4.94	4
Steamed garden peas	50	37	2.73	0.21	7.14	
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
Carrot and cranberry salad	60	44	0.52	2.95	4.64	
Napa Cabbage Salad with Corn	60	40	1.05	2.61	3.43	
Salad dressings	5	28	0.06	3.04	0.11	10;2
Mixed seeds	15	82	3.42	6.56	3.72	11
Pria milk product	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 swede snacks	150	53	0.90	0.50	12.90	
	Total :	724	32.05	31.80	85.03	
Red lentil cottage pie	250	178	7.12	2.50	33.44	2;9
Creamy dilll sauce	100	130	1.98	10.63	6.80	1;2

Weekly average :	735	30.69	28.8	91.9
10 day average :	745	31.44	28.42	94.03

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