

School Lunch Weekly Menu 27.10.2025 - 31.10.2025

Italian themed days

Grupp

4–9 klass

	Monday, 27.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Hunter style braised chicken		150	93	10.04	2.57	7.96	
Steamed broccoli		50	17	1.68	0.19	2.94	
Steamed rice		50	64	1.26	0.44	13.65	
Steamed potatoes		50	52	1.33	0.07	11.83	
Beetroot and cucumber salad		60	48	0.84	3.10	4.43	
Carrot salad		60	21	0.57	0.23	4.77	
Chinese cabbage salad with cucumber		60	22	0.83	1.35	1.82	
Olives		15	51	0.33	5.37	0.87	
Salad dressings		3	17	0.03	1.83	0.06	10;2
Basil oil sauce		3	21	0.02	2.25	0.04	
Mixed seeds		12	66	2.74	5.25	2.98	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 :	736	28.72	28.11	96.58	
Mexican bean casserole		150	138	7.90	0.64	27.94	
Cold yoghurt sauce		100	53	3.22	2.45	4.44	2

	Tuesday, 28.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Pumpkin and rice casserole with cheese		230	401	12.17	18.09	47.52	2
Steamed sweet corn		50	52	1.59	0.41	10.87	
Carrot salad		60	21	0.57	0.23	4.77	
Swede and apple salad		60	23	0.45	0.18	5.48	
Beetroot salad with yogurt dressing		60	26	1.06	0.26	4.95	2
Olives		15	51	0.33	5.37	0.87	
Salad dressings		2	11	0.02	1.22	0.04	10;2
Basil oil sauce		2	14	0.01	1.50	0.03	
Mixed seeds		3	16	0.68	1.31	0.74	11
Pria milk product		125	68	4.05	3.28	5.71	2
Variety of bread		15	43	1.23	0.50	7.99	1;11;2
Plum and cucumber snacks		150	40	0.98	0.52	8.62	
		Total :	766	23.14	32.87	97.59	
Cabbage- rice scone		50	59	1.78	2.09	8.52	1;2;3
Herb cream sauce		100	129	1.97	10.63	6.44	1;2
Herb roasted potatoes		50	54	1.33	0.32	11.83	
Cooked green lentils		50	79	5.42	0.38	11.78	

	Wednesday, 29.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Tuscan-style roast turkey		50	74	13.81	1.95	0.18	
Lemon-yoghurt sauce		100	50	3.05	2.33	4.21	2
Roasted beetroot with herbs		50	28	0.96	0.37	5.22	
Steamed rice		50	64	1.26	0.44	13.65	
Boiled quinoa		50	68	2.49	1.22	10.91	
Napa Cabbage Salad with Corn		60	40	1.05	2.61	3.43	
Creamy carrot salad		60	21	0.73	0.36	4.40	2
Pumpkin and cranberry salad		60	29	0.42	1.89	3.11	
Olives		15	51	0.33	5.37	0.87	
Salad dressings		3	17	0.03	1.83	0.06	10;2
Basil oil sauce		3	21	0.02	2.25	0.04	
Mixed seeds		10	55	2.28	4.37	2.48	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 salad leaves		150	44	1.11	1.63	10.67	
		Total :	773	35.69	31.58	91.56	
Vegetable casserole with cheese		250	359	17.99	23.52	19.76	2;3

	Thursday, 30.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Pizza with chicken		230	446	22.66	16.89	51.75	2
Steamed cauliflower		50	12	0.88	0.11	2.53	
Daikon and cucumber salad		60	8	0.51	0.06	1.79	
Rainbow red cabbage salad		60	30	0.68	1.65	3.83	
Carrot and orange salad		60	45	0.64	2.57	5.48	
Olives		15	51	0.33	5.37	0.87	
Salad dressings		2	11	0.02	1.22	0.04	10;2
Basil oil sauce		3	21	0.02	2.25	0.04	
Mixed seeds		2	11	0.46	0.87	0.50	11
Pria milk product		125	68	4.05	3.28	5.71	2
Variety of bread		15	43	1.23	0.50	7.99	1;11;2
Pear and carrot snacks		150	57	1.05	0.60	13.72	
		Total :	804	32.53	35.37	94.25	
Eggplant stew with black plums		150	62	1.69	0.47	14.51	9
Greek tomato sauce		100	29	1.10	0.64	4.90	
"Sweet potato oven fries		50	1022	0.90	4.75	13.20	
Steamed rice		50	64	1.26	0.44	13.65	

	Friday, 31.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Herb-breaded cod fillet		50	117	14.09	3.41	7.13	1;2;4
Sauce with herbs		100	115	1.82	9.64	5.07	1;2
Roasted zucchini		50	15	0.92	0.38	2.11	
Mash potato		50	50	1.37	0.45	10.50	2
Steamed rice		50	64	1.26	0.44	13.65	
Swede salad		60	19	0.57	0.17	4.54	
Cabbage and carrot salad		60	17	0.61	0.16	3.95	
Beetroot salad		60	38	1.01	1.32	5.48	
Olives		15	51	0.33	5.37	0.87	
Salad dressings		2	11	0.02	1.22	0.04	10;2
Basil oil sauce		2	14	0.01	1.50	0.03	
Mixed seeds		3	16	0.68	1.31	0.74	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 :	792	31.38	30.79	99.37	
Vegetable risotto		250	325	12.58	9.91	47.96	2

Weekly average :	774	30.29	31.74	95.87
10 day average :	755	30.49	30.27	93.89

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