

## School Lunch Weekly Menu 01.12.2025 - 05.12.2025

### Grupp

4-9 klass

	Monday, 1.December	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Mexican beef casserole		150	176	11.66	5.65	21.10	
Steamed broccoli		50	17	1.68	0.19	2.94	
Pearl couscous		50	74	2.56	0.65	14.58	1
Steamed rice		50	64	1.26	0.44	13.65	
Beetroot and apple salad		60	47	0.58	2.56	5.54	
Red cabbage salad		60	29	0.92	0.42	5.82	
Carrot and leek salad		60	22	0.69	0.54	4.33	
Salad dressings		15	84	0.17	9.14	0.32	10;2
Mixed seeds		5	27	1.14	2.19	1.24	11
Dairy Products (Drinks)		125	68	4.05	3.28	5.71	2
Variety of bread		20	57	1.64	0.67	10.65	1;11;2
Pear and swede snacks		150	55	1.05	0.52	13.42	
		Total :	720	27.40	26.25	99.30	
Vegan bigos (Polish hunter's stew)		150	99	1.88	5.58	11.09	
Cold yoghurt sauce		100	53	3.22	2.45	4.44	2
	Tuesday, 2.December	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Sweet potato & chickpea hotpot		150	135	3.08	3.93	22.66	
Roasted celery		50	21	0.99	0.42	4.24	9
Brown rice and quinoa		50	49	0.88	0.67	9.16	
Steamed potatoes		50	52	1.33	0.07	11.83	
Turnip salad		60	28	0.57	0.17	6.86	
Coleslaw with sour cream		60	33	0.80	1.95	3.61	2
Carrot and cranberry salad		60	32	0.52	0.56	7.01	
Salad dressings		5	28	0.06	3.05	0.11	10;2
Mixed seeds		30	165	6.84	13.12	7.45	11
Dairy Products (Drinks)		125	68	4.05	3.28	5.71	2
Variety of bread		15	43	1.23	0.50	7.99	1;11;2
Apple and kohlrabi snacks		150	48	0.52	0.42	11.92	
		Total :	703	20.87	28.14	98.55	
Cauliflower and spinach patties		50	55	1.99	2.43	6.73	1;3
Cottage cheese sauce		100	139	9.36	8.00	2.69	2
	Wednesday, 3.December	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chicken goulash		150	133	10.82	5.55	9.85	1;2
Steamed sweet corn		50	52	1.59	0.41	10.87	
Steamed buckwheat		50	59	2.08	0.60	11.60	
Mash potato		50	50	1.37	0.45	10.50	2
Napa cabbage salad with peppers		60	16	0.88	0.47	2.35	
Beetroot salad with caraway seeds		60	29	0.96	0.42	5.22	
Turnip and apple salad		60	30	0.45	0.18	7.25	
Salad dressings		15	84	0.17	9.14	0.32	10;2
Mixed seeds		5	27	1.14	2.19	1.24	11
Dairy Products (Drinks)		125	68	4.05	3.28	5.71	2
Variety of bread		45	129	3.69	1.51	23.96	1;11;2
Satsuma and carrot snacks		150	48	1.27	0.38	11.10	
		Total :	725	28.47	24.58	99.97	
Rice casserole with vegetables		250	242	6.82	5.85	40.49	
	Thursday, 4.December	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Fish patty		50	81	8.28	2.44	6.28	1;2;3;4
Thai yogurt garam masala sauce		100	21	1.25	0.70	2.62	2
Roasted turnip		50	20	0.57	0.42	4.20	
Cooked green lentils		50	79	5.42	0.38	11.78	
Cooked pasta		50	71	2.08	0.47	14.30	1
Rainbow red cabbage salad		60	29	0.68	0.46	6.21	
Beetroot salad (with garlic)		60	36	0.95	1.32	5.17	
Carrot salad		60	21	0.57	0.23	4.77	
Salad dressings		15	84	0.17	9.14	0.32	10;2
Mixed seeds		5	27	1.14	2.19	1.24	11
Dairy Products (Drinks)		125	68	4.05	3.28	5.71	2
Variety of bread		25	72	2.05	0.84	13.31	1;11;2
Banana and daikon snacks		150	101	1.65	0.45	23.70	
		Total :	710	28.86	22.32	99.61	
Green pasta		250	345	10.65	12.88	47.75	1;2
	Friday, 5.December	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Turkey risotto		250	283	14.39	3.23	49.95	
Roasted pumpkin		50	17	0.60	0.32	3.60	
Carrot and pear salad		60	25	0.44	0.53	5.32	
Napa Cabbage Salad with Corn		60	22	1.11	0.53	3.56	
Beetroot and red currant salad		60	36	0.93	1.35	5.25	
Salad dressings		15	84	0.17	9.14	0.32	10;2
Mixed seeds		14	77	3.19	6.12	3.48	11
Dairy Products (Drinks)		125	68	4.05	3.28	5.71	2
Variety of bread		20	57	1.64	0.67	10.65	1;11;2
Apple and salad leaves		150	44	1.11	1.63	10.67	
		Total :	715	27.63	26.80	98.51	
Bean-pumpkin stew with corn		150	195	7.53	8.00	26.83	
Herb cream sauce		100	129	1.97	10.63	6.44	1;2
Steamed rice		50	64	1.26	0.44	13.65	
Herb roasted potatoes		50	54	1.33	0.32	11.83	

Weekly average :	715	26.65	25.62	99.19
10 day average :				

For more detailed information about the food names, ingredients and allergens please ask the service staff or contact via email: [tootearendus@balticrest.com](mailto: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