

School Lunch Weekly Menu 08.12.2025 - 12.12.2025

Grupp

4-9 klass

	Monday, 8.December	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chicken thigh seasoned with curry		50	83	14.11	2.88	0	
Steamed broccoli		50	17	1.68	0.19	2.94	
Pearl couscous		50	74	2.56	0.65	14.58	1
Steamed buckwheat		50	59	2.08	0.60	11.60	
Cabbage salad with cucumber		60	16	0.64	0.42	2.97	
Daikon and cucumber salad		60	8	0.51	0.06	1.79	
Polish carrot salad		60	21	0.49	0.24	4.97	
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		50	144	4.10	1.68	26.62	1;11;2
Apple and carrot snacks		150	56	0.90	0.57	13.20	
		Total :	706	34.48	25.83	88.18	
Sweet and sour cauliflower		150	73	3.54	2.56	10.96	
Cold yoghurt sauce		100	53	3.22	2.45	4.44	2
	Tuesday, 9.December	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Vegetable & chickpea coconut curry		150	137	5.10	7.87	12.65	
Steamed sweet corn		50	52	1.59	0.41	10.87	
Steamed rice		50	64	1.26	0.44	13.65	
Boiled quinoa		50	68	2.49	1.22	10.91	
Daikon salad with sour cream dressing		60	27	0.78	1.86	2.17	2
Pumpkin and cranberry salad		60	29	0.42	1.89	3.11	
Beetroot salad with daikon		60	23	0.83	0.40	4.13	
Salad dressings		2	11	0.02	1.22	0.04	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		30	86	2.46	1.01	15.97	1;11;2
Pear and swede snacks		150	55	1.05	0.52	13.42	
		Total :	784	26.89	33.24	100.08	
Cheese and vegetable quesadilla		250	610	23.94	33.13	10.69	1;2
Sauce with herbs		100	114	1.69	9.60	5.30	1;2
	Wednesday, 10.December	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chilli con carne with beef		150	142	11.73	3.83	16.16	
Roasted celery		50	21	0.99	0.42	4.24	9
Vegetable rice		50	57	1.44	0.40	12.03	
Boiled bulgur		50	68	1.73	0.44	13.60	1
Beetroot salad (with garlic)		60	29	0.99	0.42	5.34	
Cabbage salad with dill		60	27	0.65	1.62	3.16	
Daikon salad		60	12	0.63	0.37	2.14	
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		45	129	3.69	1.51	23.96	1;11;2
Apple and kohlrabi snacks		150	48	0.52	0.42	11.92	
		Total :	796	33.32	28.88	105.82	
Spinach risotto		250	336	16.55	10.36	44.90	2
	Thursday, 11.December	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Baked chicken drumstick		50	100	13.70	3.77	2.55	10
Curry sauce		100	61	2.69	2.35	7.39	1;2
Baked carrot		50	25	0.70	0.51	5.22	
Mashed potatoes		50	39	1.11	0.50	7.66	2
Cooked green lentils		50	79	5.42	0.38	11.78	
Pumpkin and apple salad		60	25	0.37	0.41	5.42	
Beetroot salad		60	29	0.96	0.42	5.22	
Cucumber and tomato salad		60	12	0.42	0.40	1.93	
Salad dressings		15	84	0.17	9.14	0.32	10;2
Mixed seeds		3	16	0.68	1.31	0.74	11
Dairy Products (Drinks)		125	68	4.05	3.28	5.71	2
Variety of bread		50	144	4.10	1.68	26.62	1;11;2
Orange and daikon snacks		150	44	1.58	0.15	10.28	
		Total :	726	35.95	24.30	90.84	
Veggie burger		250	173	7.85	1.98	32.74	1;10
	Friday, 12.December	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Baked Hake fillet with tomato and cheese		50	90	11.19	3.90	2.42	1;2;4
Creamy dill sauce		100	130	1.98	10.63	6.80	1;2
Steamed cauliflower		50	12	0.88	0.11	2.53	
Cooked pasta		50	71	2.08	0.47	14.30	1
Vegetable mash		50	33	1.14	0.55	6.22	2
Carrot salad		60	21	0.57	0.23	4.77	
Swede, cauliflower and pepper salad		60	26	0.68	0.76	4.80	
Leek salad with sour cream		60	30	0.73	1.41	4.22	2
Salad dressings		2	11	0.02	1.22	0.04	10;2
Mixed seeds		3	16	0.68	1.31	0.74	11
Dairy Products (Drinks)		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 red cabbage snacks		150	50	1.35	0.42	11.48	
		Total :	702	29.45	25.97	90.65	
Mediterranean casserole		250	370	11.80	20.05	37.10	2;3

Weekly average :	743	32.02	27.64	95.11
10 day average :	729	29.34	26.63	97.15

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