

School Lunch Weekly Menu 15.12.2025 - 19.12.2025

Grupp

4-9 klass

	Monday, 15.December	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Chicken Tikka Masala		150	165	11.99	6.87	13.63	2
Roasted turnip		50	20	0.57	0.42	4.20	
Steamed rice		50	64	1.26	0.44	13.65	
Boiled bulgur		50	68	1.73	0.44	13.60	1
Beetroot salad (with garlic)		60	29	0.99	0.42	5.34	
Carrot and cranberry salad		60	32	0.52	0.56	7.01	
Napa cabbage salad with cucumber		60	14	0.83	0.45	1.82	
Salad dressings		13	73	0.15	7.92	0.28	10;2
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		20	57	1.64	0.67	10.65	1;11;2
Banana and white cabbage		150	96	1.72	0.38	22.28	
	Total :	741	27.73	26.22	100.65		
Cous-cous with vegetables		250	288	10.36	3.73	54.92	1
Yoghurt - curry sauce		60	30	1.86	1.45	2.50	2
	Tuesday, 16.December	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Chilli sin carne		150	101	5.08	1.27	18.69	
Steamed broccoli		50	17	1.68	0.19	2.94	
Cooked green lentils		50	79	5.42	0.38	11.78	
Steamed potatoes		50	52	1.33	0.07	11.83	
Cabbage and pumpkin salad		60	16	0.62	0.40	3.15	
Pumpkin salad with blackcurrant		60	17	0.49	0.08	4.35	
Beet - cottage cheese salad		60	45	2.40	2.04	3.83	1;2;8
Salad dressings		15	84	0.17	9.14	0.32	10;2
Mixed seeds		13	71	2.96	5.68	3.23	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 and swede snacks		150	53	0.90	0.50	12.90	
	Total :	720	28.38	24.37	100.03		
Vegetable stir-fry noodles		250	165	5.81	2.90	29.65	1;7
Creamy dill sauce		60	78	1.19	6.38	4.08	1;2
	Wednesday, 17.December	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Fish fillet in breadcrumbs and kama breading		50	72	10.87	0.73	5.81	1;4
Cold sour cream sauce		100	105	3.06	8.61	4.05	2
Roasted beetroot with herbs		50	28	0.96	0.37	5.22	
Cooked pasta		50	71	2.08	0.47	14.30	1
Boiled quinoa		50	68	2.49	1.22	10.91	
Napa Cabbage Salad with Corn		60	22	1.11	0.53	3.56	
Swede and carrot salad		60	30	0.60	0.21	7.20	
Daikon and cucumber salad		60	8	0.51	0.06	1.79	
Salad dressings		13	73	0.15	7.92	0.28	10;2
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
Pear and cucumber snacks		150	39	0.75	0.38	9.52	
	Total :	745	31.41	26.77	95.71		
Asian style rice noodles (vegan)		250	165	4.34	3.50	30.14	11
	Thursday, 18.December	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Tomato beef - rice stew		230	270	12.23	6.98	39.17	
Steamed green beans		50	14	0.89	0.05	3.36	
Turnip salad		60	28	0.57	0.17	6.86	
Red cabbage salad		60	29	0.69	0.45	6.20	
Beet salad with cucumbers		60	25	0.82	0.40	4.24	
Salad dressings		9	51	0.10	5.48	0.19	10;2
Mixed seeds		21	115	4.79	9.18	5.21	11
Pria milk product		125	68	4.05	3.28	5.71	2
Variety of bread		30	86	2.46	1.01	15.97	1;11;2
Apple and carrot snacks		150	56	0.90	0.57	13.20	
	Total :	743	27.50	27.57	100.11		
Stuffed peppers with couscous (vegan)		250	177	6.59	2.67	33.98	1
Tomato sauce		60	18	0.59	0.45	3.08	
Potato and swede mash		50	40	1.15	0.49	8.41	2
Cooked barley		50	57	1.45	0.35	12.39	1
	Friday, 19.December	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Roast turkey with mustard		50	78	13.94	2.20	0.34	10
Creamy mustard sauce		100	137	2.23	11.21	6.83	1;10;2
Braised sauerkraut		50	14	0.55	0.36	2.14	
Herb roasted potatoes		50	54	1.33	0.32	11.83	
Pearl couscous		50	74	2.56	0.65	14.58	1
Beetroot salad		60	26	0.96	0.12	5.22	
Pumpkin and apple salad		60	25	0.37	0.41	5.42	
Carrot salad with pumpkin seeds		60	40	0.86	1.08	7.34	
Salad dressings		5	28	0.06	3.05	0.11	10;2
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
Satsuma and daikon snacks		150	35	1.27	0.15	7.95	
	Total :	738	32.96	25.82	94.83		
Falafel		50	76	3.95	0.48	13.96	1

Weekly average :	737	29.6	26.15	98.27
10 day average :	740	30.81	26.90	96.69

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