

School Lunch Weekly Menu 12.01.2026 - 16.01.2026

Grupp

4-9 klass

Monday, 12.January	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Asian style chicken	150	133	16.11	3.05	10.58	1;7
Steamed broccoli	50	17	1.68	0.19	2.94	
Steamed buckwheat	50	59	2.08	0.60	11.60	
Steamed potatoes	50	52	1.33	0.07	11.83	
Rainbow red cabbage salad	60	29	0.68	0.46	6.21	
Beetroot salad	60	26	0.96	0.12	5.22	
Carrot salad	60	21	0.57	0.23	4.77	
Salad dressings	15	84	0.17	9.14	0.32	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	40	115	3.28	1.34	21.30	1;11;2
Banana and cucumber snacks	150	86	1.35	0.30	19.80	
	Total :	706	32.94	20.09	101.02	
Vegetable Stir fry egg noodles	250	327	7.98	13.44	45.07	1;11;3;7
Cold yoghurt sauce	100	53	3.22	2.45	4.44	2
Tuesday, 13.January	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Chickpea pilaff	250	334	12.07	2.98	60.66	
Roasted brussels sprouts	50	18	1.75	0.50	2.20	
Pumpkin and leek salat with curry	60	29	0.60	1.91	2.88	
Iceberg salad with cucumber	60	12	0.61	0.41	1.73	
Beetroot salad with yogurt dressing	60	26	1.06	0.26	4.95	2
Salad dressings	11	62	0.12	6.70	0.23	10;2
Mixed seeds	22	121	5.02	9.62	5.46	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
Apple and white cabbage snacks	150	48	0.98	0.42	11.48	
	Total :	761	27.49	26.58	103.29	
Millet-carrot patties	50	48	2.08	0.82	8.29	1;2;3
Tomato sauce	100	30	0.99	0.74	5.13	
Mash potato	50	50	1.37	0.45	10.50	2
Turmeric rice	50	64	1.26	0.44	13.65	
Wednesday, 14.January	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
French style pork	50	119	10.87	8.12	0.78	2
Creamy mustard sauce	100	137	2.23	11.21	6.83	1;10;2
Steamed green beans	50	14	0.89	0.05	3.36	
Herb roasted potatoes	50	54	1.33	0.32	11.83	
Steamed rice	50	64	1.26	0.44	13.65	
Beetroot salad	60	26	0.96	0.12	5.22	
Leek salad with sour cream	60	30	0.73	1.41	4.22	2
Daikon salad	60	12	0.63	0.37	2.14	
Salad dressings	2	11	0.02	1.22	0.04	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 pumpkin snacks	150	47	0.90	0.38	11.55	
	Total :	743	28.65	29.91	92.69	
One pot brown rice, lentils and veggies	250	255	10.29	2.85	48.14	
Thursday, 15.January	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Oven-Baked Chicken Drumstick with Tomato	70	122	19.01	4.56	0.95	
Spicy tomato sauce	100	45	2.11	0.20	8.56	
Steamed sweet corn	50	52	1.59	0.41	10.87	
Cooked pasta	50	71	2.08	0.47	14.30	1
Cooked barley	50	57	1.45	0.35	12.39	1
Napa Cabbage Salad with Corn	60	22	1.11	0.53	3.56	
Carrot and cauliflower salad	60	32	0.62	0.51	6.81	
Pumpkin and cranberry salad	60	29	0.42	1.89	3.11	
Salad dressings	15	84	0.17	9.14	0.32	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	35	101	2.87	1.18	18.63	1;11;2
Apple and swede snacks	150	53	0.90	0.50	12.90	
	Total :	752	37.06	24.33	98.85	
Vegetable and cheese burrito	250	423	15.57	10.95	18.41	1;2
Friday, 16.January	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Maroccan fishpot	150	90	12.58	1.50	7.22	4
Roasted beetroot with herbs	50	28	0.96	0.37	5.22	
Steamed potatoes	50	52	1.33	0.07	11.83	
Pearl couscous	50	74	2.56	0.65	14.58	1
Turnip and apple salad	60	30	0.45	0.18	7.25	
Cabbage salad with tomatoes	60	32	0.59	2.22	2.88	
Carrot and zucchini salad	60	20	0.66	0.50	3.77	
Salad dressings	15	84	0.17	9.14	0.32	10;2
Mixed seeds	7	38	1.60	3.06	1.74	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 carrot snacks	150	48	1.27	0.38	11.10	
	Total :	709	30.32	23.03	98.24	
Vegetable lasagne	250	476	24.87	11.90	69.91	1;2;3
Lemon-yoghurt sauce	100	50	3.05	2.33	4.21	2

Weekly average :	734	31.29	24.79	98.82
10 day average :	731	30.36	25.49	98.10

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