

## School Lunch Weekly Menu 19.01.2026 - 23.01.2026

### Grupp

4-9 klass

| Monday, 19.January                             | Amount, g | Kcal  | Valqud,g | Fats, g | Carbohydrates, g | Allergens |
|------------------------------------------------|-----------|-------|----------|---------|------------------|-----------|
| Asian style chicken - coconut stew             | 150       | 145   | 13.06    | 4.22    | 13.20            |           |
| Baked carrot                                   | 50        | 25    | 0.70     | 0.51    | 5.22             |           |
| Steamed rice                                   | 50        | 64    | 1.26     | 0.44    | 13.65            |           |
| Steamed potatoes                               | 50        | 52    | 1.33     | 0.07    | 11.83            |           |
| Beetroot salad (with garlic)                   | 60        | 29    | 0.99     | 0.42    | 5.34             |           |
| Sauerkraut salad with onions                   | 60        | 18    | 0.65     | 0.45    | 2.97             |           |
| Turnip salad                                   | 60        | 28    | 0.57     | 0.17    | 6.86             |           |
| Salad dressings                                | 15        | 84    | 0.17     | 9.14    | 0.32             | 10;2      |
| Mixed seeds                                    | 5         | 27    | 1.14     | 2.19    | 1.24             | 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 & Pumpkin Snacks                         | 150       | 45    | 0.75     | 0.34    | 11.02            |           |
| Total :                                        | 701       | 27.95 | 22.57    | 98.66   |                  |           |
| Mushroom couscous                              | 250       | 246   | 6.92     | 9.86    | 34.00            | 1         |
| Yoghurt - curry sauce                          | 100       | 51    | 3.10     | 2.41    | 4.17             | 2         |
| Tuesday, 20.January                            | Amount, g | Kcal  | Valqud,g | Fats, g | Carbohydrates, g | Allergens |
| Sesame carrot patties                          | 50        | 81    | 2.49     | 3.28    | 10.98            | 1;11;2;3  |
| Thai yogurt garam masala sauce                 | 100       | 21    | 1.25     | 0.70    | 2.62             | 2         |
| Roasted celery                                 | 50        | 21    | 0.99     | 0.42    | 4.24             | 9         |
| Mash potato                                    | 50        | 50    | 1.37     | 0.45    | 10.50            | 2         |
| Steamed buckwheat                              | 50        | 59    | 2.08     | 0.60    | 11.60            |           |
| Cabbage salad with dill                        | 60        | 27    | 0.65     | 1.62    | 3.16             |           |
| Asian carrot salad                             | 60        | 71    | 2.10     | 2.82    | 6.35             | 11        |
| Daikon and cucumber salad                      | 60        | 8     | 0.51     | 0.06    | 1.79             |           |
| Salad dressings                                | 2         | 11    | 0.02     | 1.22    | 0.04             | 10;2      |
| Mixed seeds                                    | 30        | 165   | 6.84     | 13.12   | 7.45             | 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    |
| Pear and carrot snacks                         | 150       | 57    | 1.05     | 0.60    | 13.72            |           |
| Total :                                        | 755       | 26.68 | 29.51    | 99.46   |                  |           |
| Pumpkin potato bake                            | 250       | 196   | 4.27     | 7.49    | 29.24            | 1;2       |
| Wednesday, 21.January                          | Amount, g | Kcal  | Valqud,g | Fats, g | Carbohydrates, g | Allergens |
| Curried chicken thigh meat in yogurt marinade  | 50        | 93    | 14.69    | 3.26    | 1.09             | 2         |
| Spicy tomato sauce                             | 100       | 45    | 2.11     | 0.20    | 8.56             |           |
| Roasted pumpkin                                | 50        | 17    | 0.60     | 0.32    | 3.60             |           |
| Pearl couscous                                 | 50        | 74    | 2.56     | 0.65    | 14.58            | 1         |
| Cooked green lentils                           | 50        | 79    | 5.42     | 0.38    | 11.78            |           |
| Iceberg and carrot salad                       | 60        | 35    | 0.60     | 2.30    | 3.61             |           |
| Napa cabbage salad with peppers                | 60        | 16    | 0.88     | 0.47    | 2.35             |           |
| Beetroot salad                                 | 60        | 26    | 0.96     | 0.12    | 5.22             |           |
| 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                               | 50        | 144   | 4.10     | 1.68    | 26.62            | 1;11;2    |
| Apple and daikon snacks                        | 150       | 53    | 0.54     | 0.46    | 12.93            |           |
| Total :                                        | 750       | 37.36 | 23.57    | 97.11   |                  |           |
| Chickpea-mango curry with coconut milk (Vegan) | 150       | 178   | 5.87     | 10.01   | 16.49            |           |
| Thursday, 22.January                           | Amount, g | Kcal  | Valqud,g | Fats, g | Carbohydrates, g | Allergens |
| Beef azu                                       | 250       | 176   | 11.03    | 6.28    | 18.85            |           |
| Roasted brussels sprouts                       | 50        | 18    | 1.75     | 0.50    | 2.20             |           |
| Cabbage and pumpkin salad                      | 60        | 16    | 0.62     | 0.40    | 3.15             |           |
| Rainbow red cabbage salad                      | 60        | 29    | 0.68     | 0.46    | 6.21             |           |
| Carrot and apple salad                         | 60        | 25    | 0.45     | 0.53    | 5.33             |           |
| Salad dressings                                | 5         | 28    | 0.06     | 3.05    | 0.11             | 10;2      |
| Mixed seeds                                    | 30        | 165   | 6.84     | 13.12   | 7.45             | 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    |
| Orange and kohlrabi snacks                     | 150       | 51    | 1.20     | 0.22    | 12.15            |           |
| Total :                                        | 720       | 30.78 | 29.52    | 87.78   |                  |           |
| Cous-cous and carrot patties                   | 50        | 77    | 2.51     | 3.59    | 9.06             | 1;11;2;3  |
| Bechamel sauce                                 | 100       | 208   | 2.94     | 18.12   | 8.30             | 1;2       |
| Steamed potatoes                               | 50        | 52    | 1.33     | 0.07    | 11.83            |           |
| Cooked pasta                                   | 50        | 71    | 2.08     | 0.47    | 14.30            | 1         |
| Friday, 23.January                             | Amount, g | Kcal  | Valqud,g | Fats, g | Carbohydrates, g | Allergens |
| Thai fish casserole                            | 150       | 137   | 13.18    | 8.67    | 4.94             | 4         |
| Steamed garden peas                            | 50        | 37    | 2.73     | 0.21    | 7.14             |           |
| 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         |
| Carrot and cranberry salad                     | 60        | 32    | 0.52     | 0.56    | 7.01             |           |
| Napa Cabbage Salad with Corn                   | 60        | 22    | 1.11     | 0.53    | 3.56             |           |
| Salad dressings                                | 9         | 51    | 0.10     | 5.48    | 0.19             | 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    |
| Apple and swede snacks                         | 150       | 53    | 0.90     | 0.50    | 12.90            |           |
| Total :                                        | 719       | 31.90 | 25.74    | 95.54   |                  |           |
| Red lentil cottage pie                         | 250       | 197   | 8.68     | 3.02    | 35.37            | 2;9       |
| Creamy dill sauce                              | 100       | 130   | 1.98     | 10.63   | 6.80             | 1;2       |

|                  |     |       |       |       |
|------------------|-----|-------|-------|-------|
| Weekly average : | 729 | 30.93 | 26.18 | 95.71 |
| 10 day average : | 732 | 31.11 | 25.49 | 97.27 |

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