

School Lunch Weekly Menu 26.01.2026 - 30.01.2026

Grupp

4–9 klass

Monday, 26.January	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Beef liver Stroganoff	250	210	14.21	12.73	10.11	1;2
Roasted celery	50	21	0.99	0.42	4.24	9
Steamed potatoes	50	52	1.33	0.07	11.83	
Steamed buckwheat	50	59	2.08	0.60	11.60	
Cabbage and sweet peppers salad	60	15	0.67	0.13	3.39	
Turnip salad with orange	60	25	0.64	0.44	5.32	
Beetroot salad with caraway seeds	60	29	0.96	0.42	5.22	
Salad dressings	9	51	0.10	5.48	0.19	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 carrot snacks	150	58	1.58	0.38	13.42	
	Total :	747	31.39	26.94	98.39	
Vegetable stew	250	230	7.12	9.68	28.14	2
Cold sour cream sauce	100	105	3.06	8.61	4.05	2

Tuesday, 27.January	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Cottage cheese and potato patties	50	73	3.41	2.07	10.62	1;2;3
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	
Cooked green lentils	50	79	5.42	0.38	11.78	
Turmeric rice	50	64	1.26	0.44	13.65	
Pumpkin and swede salad	60	42	0.48	1.30	7.69	
Oriental style red cabbage salad	60	30	0.81	1.35	4.35	
Carrot and cauliflower salad	60	32	0.62	0.51	6.81	
Salad dressings	2	11	0.02	1.22	0.04	10;2
Mixed seeds	24	132	5.47	10.49	5.96	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 kohlrabi snacks	150	48	0.52	0.42	11.92	
	Total :	789	26.82	33.39	99.37	
Pasta with creamy beetroot sauce	250	326	13.95	6.79	51.55	1;2

Wednesday, 28.January	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Lemon-garlic wings	70	152	18.01	8.77	0.25	
Tomato sauce	100	30	0.99	0.74	5.13	
Baked carrot	50	25	0.70	0.51	5.22	
Herb roasted potatoes	50	54	1.33	0.32	11.83	
Boiled quinoa	50	68	2.49	1.22	10.91	
Sauerkraut salad	60	17	0.65	0.44	2.68	
Cabbage salad with tomatoes	60	32	0.59	2.22	2.88	
Beetroot salad	60	26	0.96	0.12	5.22	
Salad dressings	10	56	0.11	6.09	0.21	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	45	129	3.69	1.51	23.96	1;11;2
Banana and daikon snacks	150	101	1.65	0.45	23.70	
	Total :	775	35.90	26.98	98.44	
Sweet and sour vegetable rice noodles	250	241	4.59	5.89	43.13	1;7

Thursday, 29.January	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Brazilian fish stew with coconut	150	111	12.63	3.86	7.98	4
Steamed garden peas and sweet corn	50	44	2.16	0.31	9.00	
Steamed rice	50	64	1.26	0.44	13.65	
Mash potato	50	50	1.37	0.45	10.50	2
Daikon salad	60	12	0.63	0.37	2.14	
Pumpkin and red currant salad	60	17	0.51	0.11	4.11	
Iceberg salad with cucumber	60	12	0.61	0.41	1.73	
Salad dressings	15	84	0.17	9.14	0.32	10;2
Mixed seeds	9	49	2.05	3.93	2.23	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 swede snacks	150	53	0.90	0.50	12.90	
	Total :	710	30.44	24.48	96.89	
Mushroom risotto	250	260	6.38	2.42	53.90	
Lemon-yoghurt sauce	100	50	3.05	2.33	4.21	2

Friday, 30.January	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Braised turkey chunks	50	75	13.83	1.95	0.30	
Curry sauce	100	61	2.69	2.35	7.39	1;2
Roasted brussels sprouts	50	18	1.75	0.50	2.20	
Pearl couscous	50	74	2.56	0.65	14.58	1
Steamed buckwheat	50	59	2.08	0.60	11.60	
Carrot and apple salad	60	25	0.45	0.53	5.33	
Napa cabbage salad with dill	60	16	1.02	0.49	2.07	
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	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
Pear and pumpkin snacks	150	47	0.90	0.38	11.55	
	Total :	716	34.73	23.04	95.66	
Rice and vegetable patties	50	60	0.97	2.83	8.15	3

Weekly average :	747	31.86	26.97	97.75
10 day average :	738	31.40	26.58	96.73

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