

School Lunch Weekly Menu 02.02.2026 - 06.02.2026

Grupp

4-9 klass

Monday, 2. February	Amount, g	Kcal	Valgud, g	Fats, g	Carbohydrates, g	Allergens
Chicken tomato pasta	250	380	15.83	14.93	45.49	1;2
Steamed broccoli	50	17	1.68	0.19	2.94	
Beetroot and cucumber salad	60	25	0.84	0.41	4.43	
Carrot salad	60	21	0.57	0.23	4.77	
Napa cabbage salad with cucumber	60	14	0.83	0.45	1.82	
Salad dressings	7	39	0.08	4.26	0.15	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	40	115	3.28	1.34	21.30	1;11;2
Apple and swede snacks	150	53	0.90	0.50	12.90	
Total :	748	28.74	26.90	100.25		
Mexican bean casserole	150	138	7.90	0.64	27.94	
Cold yoghurt sauce	100	53	3.22	2.45	4.44	2
Steamed rice	50	64	1.26	0.44	13.65	
Steamed potatoes	50	52	1.33	0.07	11.83	
Tuesday, 3. February	Amount, g	Kcal	Valgud, g	Fats, g	Carbohydrates, g	Allergens
Vegetable paella	250	242	6.39	2.83	48.95	
Steamed sweet corn	50	52	1.59	0.41	10.87	
Carrot salad	60	21	0.57	0.23	4.77	
Turnip and apple salad	60	30	0.45	0.18	7.25	
Beetroot salad with yogurt dressing	60	26	1.06	0.26	4.95	2
Salad dressings	8	45	0.09	4.87	0.17	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	15	43	1.23	0.50	7.99	1;11;2
Orange and celery snacks	150	44	1.65	0.22	10.35	9
Total :	735	23.92	25.90	108.46		
Cabbage- rice scone	50	59	1.78	2.09	8.52	1;2;3
Herb cream sauce	100	129	1.97	10.63	6.44	1;2
Steamed buckwheat	50	59	2.08	0.60	11.60	
Cooked green lentils	50	79	5.42	0.38	11.78	
Wednesday, 4. February	Amount, g	Kcal	Valgud, g	Fats, g	Carbohydrates, g	Allergens
Roast turkey thigh meat marinated with herbs	50	137	13.93	8.67	0.66	
Lemon-yoghurt sauce	100	50	3.05	2.33	4.21	2
Roasted beetroot with herbs	50	28	0.96	0.37	5.22	
Steamed buckwheat	50	59	2.08	0.60	11.60	
Boiled quinoa	50	68	2.49	1.22	10.91	
Napa Cabbage Salad with Corn	60	22	1.11	0.53	3.56	
Creamy carrot salad	60	22	0.86	0.49	4.20	2
Pumpkin and cranberry salad	60	29	0.42	1.89	3.11	
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 carrot snacks	150	56	0.90	0.57	13.20	
Total :	710	34.65	24.16	89.78		
Tomato and broccoli pasta	250	424	16.05	12.77	61.14	1;2
Thursday, 5. February	Amount, g	Kcal	Valgud, g	Fats, g	Carbohydrates, g	Allergens
Meatballs	50	160	8.05	12.06	4.85	1;3
Spicy tomato sauce	100	45	2.11	0.20	8.56	
Steamed cauliflower	50	12	0.88	0.11	2.53	
Cooked pasta	50	71	2.08	0.47	14.30	1
Cooked green lentils	50	79	5.42	0.38	11.78	
Daikon and cucumber salad	60	8	0.51	0.06	1.79	
Rainbow red cabbage salad	60	29	0.68	0.46	6.21	
Carrot and orange salad	60	26	0.64	0.48	5.48	
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
Pear and cabbage snacks	150	50	1.12	0.45	12.00	
Total :	760	30.42	26.42	100.76		
Red kidney beans and zucchini pasta	250	332	13.46	3.64	61.91	1
Friday, 6. February	Amount, g	Kcal	Valgud, g	Fats, g	Carbohydrates, g	Allergens
Hake fillet schnitzel	50	72	9.80	2.80	1.71	1;3;4
Sauce with herbs	100	115	1.82	9.64	5.07	1;2
Roasted pumpkin	50	17	0.60	0.32	3.60	
Mash potato	50	50	1.37	0.45	10.50	2
Turmeric rice	50	64	1.26	0.44	13.65	
Turnip salad	60	28	0.57	0.17	6.86	
Cabbage and carrot salad	60	17	0.61	0.16	3.95	
Beetroot salad	60	38	1.01	1.32	5.48	
Salad dressings	5	28	0.06	3.05	0.11	10;2
Mixed seeds	7	38	1.60	3.06	1.74	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 daikon snacks	150	53	0.54	0.46	12.93	
Total :	733	27.39	26.83	97.93		
Vegetable risotto	250	325	12.58	9.91	47.96	2

Weekly average :	737	29.02	26.04	99.44
10 day average :				

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