

School Lunch Weekly Menu 16.02.2026 - 20.02.2026

Estonian menu

4–9 klass

Grupp

Monday, 16. February	Amount, g	Kcal	Valgud, g	Fats, g	Carbohydrates, g	Allergens
Estonian style sauerkraut with pork and barley	150	104	7.35	2.00	14.72	1
Steamed broccoli	50	17	1.68	0.19	2.94	
Steamed potatoes	50	52	1.33	0.07	11.83	
Steamed buckwheat	50	59	2.08	0.60	11.60	
Carrot and leek salad	60	22	0.69	0.54	4.33	
Daikon and cucumber salad	60	8	0.51	0.06	1.79	
Beetroot salad	60	26	0.96	0.12	5.22	
Salad dressings	15	84	0.17	9.14	0.32	10;2
Mixed seeds	18	99	4.10	7.87	4.47	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
Apple and swede snacks	150	53	0.90	0.50	12.90	
	Total :	722	27.51	25.88	99.79	
Mushroom stew	150	90	2.94	5.79	6.90	1;2
Creamy mustard sauce	100	137	2.23	11.21	6.83	1;10;2

Tuesday, 17. February	Amount, g	Kcal	Valgud, g	Fats, g	Carbohydrates, g	Allergens
Vegetable one-pot	250	134	3.54	1.84	27.99	
Roasted pumpkin	50	17	0.60	0.32	3.60	
Napa Cabbage Salad with Corn	60	22	1.11	0.53	3.56	
Turnip salad with orange	60	25	0.64	0.44	5.32	
Sauerkraut salad	60	17	0.65	0.44	2.68	
Salad dressings	11	62	0.12	6.70	0.23	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	50	144	4.10	1.68	26.62	1;11;2
Pear and carrot snacks	150	57	1.05	0.60	13.72	
	Total :	711	22.70	28.95	96.88	
Vegetable and cottage cheese patties	50	51	3.82	1.47	6.01	1;2;3
Cottage cheese sauce	100	139	9.36	8.00	2.69	2
Boiled quinoa	50	68	2.49	1.22	10.91	
Steamed buckwheat	50	59	2.08	0.60	11.60	

Wednesday, 18. February	Amount, g	Kcal	Valgud, g	Fats, g	Carbohydrates, g	Allergens
Fish fillet in breadcrumbs and kama breading	50	72	10.87	0.73	5.81	1;4
Creamy dill sauce	100	130	1.98	10.63	6.80	1;2
Roasted turnip	50	20	0.57	0.42	4.20	
Mash potato	50	50	1.37	0.45	10.50	2
Steamed rice	50	64	1.26	0.44	13.65	
Beetroot salad with yogurt dressing	60	26	1.06	0.26	4.95	2
Cabbage and tomato salad	60	24	0.62	1.33	2.95	
Swede salad with celery and apples	60	21	0.51	0.17	5.10	9
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
Apple and daikon snacks	150	53	0.54	0.46	12.93	
	Total :	740	27.71	26.64	100.15	
Potato and zucchini bake	250	193	7.32	4.00	32.66	2;3

Thursday, 19. February	Amount, g	Kcal	Valgud, g	Fats, g	Carbohydrates, g	Allergens
Meatloaf with the egg	50	148	7.74	10.97	4.50	1;3
Milk sauce	100	83	3.69	2.83	11.03	1;2
Steamed green beans	50	14	0.89	0.05	3.36	
Turmeric rice	50	64	1.26	0.44	13.65	
Cooked barley	50	57	1.45	0.35	12.39	1
Turnip salad	60	28	0.57	0.17	6.86	
Carrot and green pea salad	60	26	0.73	0.54	5.18	
Cabbage salad with dill	60	27	0.65	1.62	3.16	
Salad dressings	2	11	0.02	1.22	0.04	10;2
Mixed seeds	13	71	2.96	5.68	3.23	11
Dairy Products (Drinks)	100	55	3.24	2.63	4.57	2
Variety of bread	40	115	3.28	1.34	21.30	1;11;2
Orange and cabbage snacks	150	50	1.65	0.22	11.70	
	Total :	750	28.13	28.06	100.97	
Pumpkin and sweet potato curry with tofu	150	155	2.97	7.55	26.68	

Friday, 20. February	Amount, g	Kcal	Valgud, g	Fats, g	Carbohydrates, g	Allergens
Dill chicken drumstick	80	143	21.62	5.61	1.39	
Cold sour cream sauce	100	105	3.06	8.61	4.05	2
Steamed garden peas	50	37	2.73	0.21	7.14	
Steamed rice	50	64	1.26	0.44	13.65	
Cooked green lentils	50	79	5.42	0.38	11.78	
Cabbage and sweet peppers salad	60	15	0.67	0.13	3.39	
Beetroot salad (with garlic)	60	29	0.99	0.42	5.34	
Carrot and cranberry salad	60	32	0.52	0.56	7.01	
Salad dressings	3	17	0.03	1.83	0.06	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 & Pumpkin Snacks	150	45	0.75	0.34	11.02	
	Total :	795	45.88	24.80	97.90	
Pearl barley with cabbage and beans	250	268	11.09	2.80	53.64	1

Weekly average :	744	30.39	26.87	99.14
10 day average :	734	30.69	27.23	95.21

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