

School Lunch Weekly Menu 02.03.2026 - 06.03.2026

Grupp

4-9 klass

	Monday, 2.March	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Tomato rice casserole with chicken		250	342	15.28	11.23	45.18	2
Steamed cauliflower		50	12	0.88	0.11	2.53	
Carrot and cranberry salad		60	32	0.52	0.56	7.01	
Turnip salad		60	28	0.57	0.17	6.86	
Cabbage and pumpkin salad		60	16	0.62	0.40	3.15	
Salad dressings		4	22	0.05	2.44	0.08	10:2
Mixed seeds		13	71	2.96	5.68	3.23	11
Dairy Products (Drinks)		125	73	4.02	3.79	5.73	2
Variety of bread		25	72	2.05	0.84	13.31	1:11:2
Apple and swede snacks		150	53	0.90	0.50	12.90	
Total :		722	27.85	25.72	99.98		
Califlower and chickpea curry		150	193	5.58	13.31	11.03	2
Curry sauce		100	61	2.69	2.35	7.39	1:2
Cooked pasta		50	71	2.08	0.47	14.30	1
Steamed potatoes		50	52	1.33	0.07	11.83	

	Tuesday, 3.March	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Creamy pumpkin pasta with broccoli (Vegan)		250	248	6.58	10.12	33.47	1:2
Steamed sweet corn		50	52	1.59	0.41	10.87	
Turnip and apple salad		60	30	0.45	0.18	7.25	
Red cabbage salad		60	29	0.92	0.42	5.82	
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
Dairy Products (Drinks)		125	73	4.02	3.79	5.73	2
Variety of bread		30	86	2.46	1.01	15.97	1:11:2
Pear and pumpkin snacks		150	47	0.90	0.38	11.55	
Total :		748	24.29	30.71	99.94		
Eggplant stew		150	45	1.63	1.04	8.42	
Cottage cheese sauce		100	139	9.36	8.00	2.69	2
Steamed buckwheat		50	59	2.08	0.60	11.60	
Cooked barley		50	57	1.45	0.35	12.39	1

	Wednesday, 4.March	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Mince and vegetable bake		250	251	11.50	13.58	22.00	2:3
Roasted pumpkin		50	17	0.60	0.32	3.60	
Curd cake with raisins		80	205	11.19	4.77	28.77	1:2;3:8
Beetroot salad with caraway seeds		60	29	0.96	0.42	5.22	
Sauerkraut salad with onions		60	18	0.65	0.45	2.97	
Turnip salad with orange		60	25	0.64	0.44	5.32	
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	73	4.02	3.79	5.73	2
Variety of bread		20	57	1.64	0.67	10.65	1:11:2
Apple and daikon snacks		150	53	0.54	0.46	12.93	
Total :		755	32.44	27.43	97.97		
Carrot vegetarian meatloaf		50	65	1.94	3.07	7.83	1:2;3
Cold sour cream sauce		100	105	3.06	8.61	4.05	2
Cooked green lentils		50	79	5.42	0.38	11.78	
Steamed rice		50	64	1.26	0.44	13.65	

	Thursday, 5.March	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chicken-cottage cheese patty		50	96	7.92	6.10	2.47	1:2;3
Spicy tomato sauce		100	45	2.11	0.20	8.56	
Steamed green beans		50	14	0.89	0.05	3.36	
Turmeric rice		50	64	1.26	0.44	13.65	
Steamed buckwheat		50	59	2.08	0.60	11.60	
Napa cabbage salad with dill		60	16	1.02	0.49	2.07	
Carrot salad		60	21	0.57	0.23	4.77	
Beetroot salad		60	38	1.01	1.32	5.48	
Salad dressings		14	79	0.16	8.53	0.30	10:2
Mixed seeds		7	38	1.60	3.06	1.74	11
Dairy Products (Drinks)		125	73	4.02	3.79	5.73	2
Variety of bread		50	144	4.10	1.68	26.62	1:11:2
Orange and cabbage snacks		150	50	1.65	0.22	11.70	
Total :		736	28.39	26.71	98.05		
Beetroot risotto		250	337	12.43	10.93	47.44	2

	Friday, 6.March	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Baked pollock fillet		50	61	13.11	0.86	0.05	4
Cold yoghurt sauce		100	53	3.22	2.45	4.44	2
Roasted celery		50	21	0.99	0.42	4.24	9
Steamed rice		50	64	1.26	0.44	13.65	
Potato and carrot mash		50	36	1.10	0.64	6.75	2
Daikon salad		60	12	0.63	0.37	2.14	
Beetroot salad with yogurt dressing		60	26	1.06	0.26	4.95	2
Cabbage and carrot salad		60	23	0.65	0.46	4.78	
Salad dressings		15	84	0.17	9.14	0.32	10:2
Mixed seeds		10	55	2.28	4.37	2.48	11
Dairy Products (Drinks)		125	73	4.02	3.79	5.73	2
Variety of bread		50	144	4.10	1.68	26.62	1:11:2
Apple and kohlrabi snacks		150	48	0.52	0.42	11.92	
Total :		700	33.11	25.30	88.07		
Potato Azu		250	193	8.23	1.87	37.15	

Weekly average :	732	29.22	27.17	96.8
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