

School Lunch Weekly Menu 09.03.2026 - 13.03.2026

Grupp

4-9 klass

	Monday, 9.March	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Mexican beef casserole		150	176	11.66	5.65	21.10	
Steamed broccoli		50	17	1.68	0.19	2.94	
Pearl couscous		50	74	2.56	0.65	14.58	1
Steamed rice		50	64	1.26	0.44	13.65	
Beetroot and apple salad		60	47	0.58	2.56	5.54	
Red cabbage salad		60	29	0.92	0.42	5.82	
Carrot and leek salad		60	22	0.69	0.54	4.33	
Salad dressings		15	84	0.17	9.14	0.32	10;2
Mixed seeds		5	27	1.14	2.19	1.24	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 cucumber snacks		150	39	0.75	0.38	9.52	
		Total :	738	27.89	26.96	100.74	
Vegan bigos (Polish hunter's stew)		150	99	1.88	5.58	11.09	
Cold yoghurt sauce		100	53	3.22	2.45	4.44	2
	Tuesday, 10.March	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Sweet potato & chickpea hotpot		150	135	3.08	3.93	22.66	
Roasted celery		50	21	0.99	0.42	4.24	9
Brown rice and quinoa		50	49	0.88	0.67	9.16	
Steamed potatoes		50	52	1.33	0.07	11.83	
Turnip salad		60	28	0.57	0.17	6.86	
Coleslaw with sour cream		60	33	0.80	1.95	3.61	2
Carrot and cranberry salad		60	32	0.52	0.56	7.01	
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		20	57	1.64	0.67	10.65	1;11;2
Apple and white cabbage snacks		150	48	0.98	0.42	11.48	
		Total :	705	21.67	26.99	100.72	
Cauliflower and spinach patties		50	55	1.99	2.43	6.73	1;3
Cottage cheese sauce		100	139	9.36	8.00	2.69	2
	Wednesday, 11.March	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chicken meatloaf		50	116	8.26	6.77	5.40	1;3
Cheese milk sauce		100	175	3.77	15.00	6.30	2
Steamed sweet corn		50	52	1.59	0.41	10.87	
Steamed buckwheat		50	59	2.08	0.60	11.60	
Mash potato		50	50	1.37	0.45	10.50	2
Napa cabbage salad with peppers		60	16	0.88	0.47	2.35	
Beetroot salad with caraway seeds		60	29	0.96	0.42	5.22	
Turnip and apple salad		60	30	0.45	0.18	7.25	
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		40	115	3.28	1.34	21.30	1;11;2
Orange and carrot snacks		150	58	1.58	0.38	13.42	
		Total :	799	28.94	32.34	100.72	
Rice casserole with vegetables		250	242	6.82	5.85	40.49	
	Thursday, 12.March	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Fish patty		50	81	8.28	2.44	6.28	1;2;3;4
Thai yogurt garam masala sauce		100	21	1.25	0.70	2.62	2
Roasted turnip		50	20	0.57	0.42	4.20	
Cooked green lentils		50	79	5.42	0.38	11.78	
Cooked pasta		50	71	2.08	0.47	14.30	1
Rainbow red cabbage salad		60	29	0.68	0.46	6.21	
Rutabaga - Raisin Salad		60	44	0.62	1.97	6.60	
Carrot salad		60	21	0.57	0.23	4.77	
Salad dressings		15	84	0.17	9.14	0.32	10;2
Mixed seeds		5	27	1.14	2.19	1.24	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
Banana and daikon snacks		150	101	1.65	0.45	23.70	
		Total :	708	28.09	23.31	98.40	
Green pasta		250	345	10.65	12.88	47.75	1;2
	Friday, 13.March	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Turkey risotto		250	283	14.39	3.23	49.95	
Baked carrot		50	25	0.70	0.51	5.22	
Carrot and pear salad		60	25	0.44	0.53	5.32	
Napa Cabbage Salad with Corn		60	22	1.11	0.53	3.56	
Beetroot and red currant salad		60	36	0.93	1.35	5.25	
Salad dressings		13	73	0.15	7.92	0.28	10;2
Mixed seeds		16	88	3.65	7.00	3.97	11
Dairy Products (Drinks)		125	73	4.02	3.79	5.73	2
Variety of bread		15	43	1.23	0.50	7.99	1;11;2
Apple and kohlrabi snacks		150	48	0.52	0.42	11.92	
		Total :	717	27.14	25.78	99.19	
Bean-pumpkin stew with corn		150	195	7.53	8.00	26.83	
Herb cream sauce		100	129	1.97	10.63	6.44	1;2
Steamed rice		50	64	1.26	0.44	13.65	
Herb roasted potatoes		50	54	1.33	0.32	11.83	

Weekly average :	733	26.75	27.08	99.95
10 day average :	733	27.99	27.13	98.38

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