

School Lunch Weekly Menu 16.03.2026 - 20.03.2026

Grupp

4-9 klass

Monday, 16.March	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chicken thigh seasoned with curry	50	83	14.11	2.88	0	
Steamed broccoli	50	17	1.68	0.19	2.94	
Pearl couscous	50	74	2.56	0.65	14.58	1
Steamed buckwheat	50	59	2.08	0.60	11.60	
Cabbage salad with cucumber	60	16	0.64	0.42	2.97	
Daikon and cucumber salad	60	8	0.51	0.06	1.79	
Polish carrot salad	60	21	0.49	0.24	4.97	
Salad dressings	15	84	0.17	9.14	0.32	10;2
Mixed seeds	15	82	3.42	6.56	3.72	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 carrot snacks	150	56	0.90	0.57	13.20	
Total :	716	716	34.68	26.78	88.44	
Sweet and sour cauliflower	150	73	3.54	2.56	10.96	
Cold yoghurt sauce	100	53	3.22	2.45	4.44	2

Tuesday, 17.March	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Vegetable & chickpea coconut curry	150	137	5.10	7.87	12.65	
Steamed sweet corn	50	52	1.59	0.41	10.87	
Steamed rice	50	64	1.26	0.44	13.65	
Boiled quinoa	50	68	2.49	1.22	10.91	
Daikon salad with sour cream dressing	60	27	0.78	1.86	2.17	2
Pumpkin and cranberry salad	60	29	0.42	1.89	3.11	
Beetroot salad with daikon	60	23	0.83	0.40	4.13	
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 swede snacks	150	55	1.05	0.52	13.42	
Total :	789	789	26.86	33.75	100.10	
Cheese and vegetable quesadilla	250	610	23.94	33.13	10.69	1;2
Sauce with herbs	100	114	1.69	9.60	5.30	1;2

Wednesday, 18.March	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chilli con carne with beef	150	142	11.73	3.83	16.16	
Roasted celery	50	21	0.99	0.42	4.24	9
Vegetable rice	50	57	1.44	0.40	12.03	
Boiled bulgur	50	68	1.73	0.44	13.60	1
Beetroot salad (with garlic)	60	29	0.99	0.42	5.34	
Cabbage salad with dill	60	27	0.65	1.62	3.16	
Daikon salad	60	12	0.63	0.37	2.14	
Salad dressings	12	67	0.14	7.31	0.25	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	40	115	3.28	1.34	21.30	1;11;2
Apple and kohlrabi snacks	150	48	0.52	0.42	11.92	
Total :	732	732	29.08	26.04	99.10	
Spinach risotto	250	336	16.55	10.36	44.90	2

Thursday, 19.March	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Baked chicken drumstick	80	141	21.66	5.67	0.79	10
Curry sauce	100	61	2.69	2.35	7.39	1;2
Baked carrot	50	25	0.70	0.51	5.22	
Mashed potatoes	50	39	1.11	0.50	7.66	2
Cooked green lentils	50	79	5.42	0.38	11.78	
Pumpkin and apple salad	60	25	0.37	0.41	5.42	
Beetroot salad	60	29	0.96	0.42	5.22	
Cucumber and tomato salad	60	12	0.42	0.40	1.93	
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	73	4.02	3.79	5.73	2
Variety of bread	50	144	4.10	1.68	26.62	1;11;2
Orange and daikon snacks	150	44	1.58	0.15	10.28	
Total :	772	772	43.88	26.71	89.10	
Veggie burger	250	173	7.85	1.98	32.74	1;10

Friday, 20.March	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Baked Hake fillet with tomato and cheese	50	90	11.19	3.90	2.42	1;2;4
Creamy dill sauce	100	130	1.98	10.63	6.80	1;2
Steamed cauliflower	50	12	0.88	0.11	2.53	
Cooked pasta	50	71	2.08	0.47	14.30	1
Vegetable mash	50	33	1.14	0.55	6.22	2
Carrot salad	60	21	0.57	0.23	4.77	
Swede, cauliflower and pepper salad	60	26	0.68	0.76	4.80	
Leek salad with sour cream	60	30	0.73	1.41	4.22	2
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	50	144	4.10	1.68	26.62	1;11;2
Apple and red cabbage snacks	150	50	1.35	0.42	11.48	
Total :	706	706	29.42	26.48	90.67	
Mediterranean casserole	250	370	11.80	20.05	37.10	2;3

Weekly average :	743	32.78	27.95	93.48
10 day average :	738	29.77	27.52	96.72

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