

School Lunch Weekly Menu 23.03.2026 - 27.03.2026

Grupp

4-9 klass

Monday, 23.March	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chicken Tikka Masala	150	165	11.99	6.87	13.63	2
Roasted turnip	50	20	0.57	0.42	4.20	
Steamed rice	50	64	1.26	0.44	13.65	
Boiled bulgur	50	68	1.73	0.44	13.60	1
Beetroot salad (with garlic)	60	29	0.99	0.42	5.34	
Carrot and cranberry salad	60	32	0.52	0.56	7.01	
Napa cabbage salad with cucumber	60	14	0.83	0.45	1.82	
Salad dressings	11	62	0.12	6.70	0.23	10;2
Mixed seeds	10	55	2.28	4.37	2.48	11
Pria milk product	125	73	4.02	3.79	5.73	2
Variety of bread	40	115	3.28	1.34	21.30	1;11;2
Pear and celery snacks	150	43	1.12	0.45	10.65	9
Total :	739	28.71	26.25	99.64		
Cous-cous with vegetables	250	288	10.36	3.73	54.92	1
Yoghurt - curry sauce	60	30	1.86	1.45	2.50	2

Tuesday, 24.March	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chilli sin carne	150	101	5.08	1.27	18.69	
Steamed broccoli	50	17	1.68	0.19	2.94	
Cooked green lentils	50	79	5.42	0.38	11.78	
Steamed potatoes	50	52	1.33	0.07	11.83	
Cabbage and pumpkin salad	60	16	0.62	0.40	3.15	
Pumpkin salad with blackcurrant	60	17	0.49	0.08	4.35	
Beet - cottage cheese salad	60	45	2.40	2.04	3.83	1;2;8
Salad dressings	15	84	0.17	9.14	0.32	10;2
Mixed seeds	13	71	2.96	5.68	3.23	11
Pria milk product	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 swede snacks	150	53	0.90	0.50	12.90	
Total :	724	28.35	24.88	100.05		
Vegetable stir-fry noodles	250	165	5.81	2.90	29.65	1;7
Creamy dill sauce	60	78	1.19	6.38	4.08	1;2

Wednesday, 25.March	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
Cold sour cream sauce	100	105	3.06	8.61	4.05	2
Roasted beetroot with herbs	50	28	0.96	0.37	5.22	
Cooked pasta	50	71	2.08	0.47	14.30	1
Boiled quinoa	50	68	2.49	1.22	10.91	
Napa Cabbage Salad with Corn	60	22	1.11	0.53	3.56	
Swede and carrot salad	60	30	0.60	0.21	7.20	
Daikon and cucumber salad	60	8	0.51	0.06	1.79	
Salad dressings	13	73	0.15	7.92	0.28	10;2
Mixed seeds	3	16	0.68	1.31	0.74	11
Pria milk product	125	73	4.02	3.79	5.73	2
Variety of bread	35	101	2.87	1.18	18.63	1;11;2
Banana and white cabbage	150	96	1.72	0.38	22.28	
Total :	763	31.12	26.78	100.50		
Asian style rice noodles (vegan)	250	165	4.34	3.50	30.14	11

Thursday, 26.March	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Tomato beef - rice stew	230	270	12.23	6.98	39.17	
Steamed green beans	50	14	0.89	0.05	3.36	
Turnip salad	60	28	0.57	0.17	6.86	
Red cabbage salad	60	29	0.69	0.45	6.20	
Beet salad with cucumbers	60	25	0.82	0.40	4.24	
Salad dressings	7	39	0.08	4.26	0.15	10;2
Mixed seeds	21	115	4.79	9.18	5.21	11
Pria milk product	125	73	4.02	3.79	5.73	2
Variety of bread	30	86	2.46	1.01	15.97	1;11;2
Apple and carrot snacks	150	56	0.90	0.57	13.20	
Total :	736	27.45	26.86	100.09		
Stuffed peppers with couscous (vegan)	250	177	6.59	2.67	33.98	1
Tomato sauce	60	18	0.59	0.45	3.08	
Potato and swede mash	50	40	1.15	0.49	8.41	2
Cooked barley	50	57	1.45	0.35	12.39	1

Friday, 27.March	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Roast turkey with mustard	50	78	13.94	2.20	0.34	10
Creamy mustard sauce	100	137	2.23	11.21	6.83	1;10;2
Steamed garden peas	50	37	2.73	0.21	7.14	
Herb roasted potatoes	50	54	1.33	0.32	11.83	
Pearl couscous	50	74	2.56	0.65	14.58	1
Beetroot salad	60	26	0.96	0.12	5.22	
Pumpkin and apple salad	60	25	0.37	0.41	5.42	
Carrot salad with pumpkin seeds	60	40	0.86	1.08	7.34	
Salad dressings	5	28	0.06	3.05	0.11	10;2
Mixed seeds	3	16	0.68	1.31	0.74	11
Pria milk product	125	73	4.02	3.79	5.73	2
Variety of bread	45	129	3.69	1.51	23.96	1;11;2
Pear and daikon snacks	150	43	1.05	0.38	10.58	
Total :	760	34.48	26.24	99.82		
Falafel	50	76	3.95	0.48	13.96	1

Weekly average :	744	30.02	26.2	100.02
10 day average :	744	31.40	27.08	96.75

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