

School Lunch Weekly Menu 30.03.2026 - 02.04.2026

Grupp

4-9 klass

Monday, 30.March	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Oven baked salmon	50	133	12.64	9.12	0.09	
Thai yogurt garam masala sauce	100	21	1.25	0.70	2.62	2
Steamed sweet corn	50	52	1.59	0.41	10.87	
Turmeric rice	50	64	1.26	0.44	13.65	
Boiled quinoa	50	68	2.49	1.22	10.91	
Napa cabbage salad with dill	60	16	1.02	0.49	2.07	
Carrot and green pea salad	60	26	0.73	0.54	5.18	
Daikon salad	60	12	0.63	0.37	2.14	
Salad dressings	9	51	0.10	5.48	0.19	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	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 :	724	31.86	25.97	92.29		
Creamy lentil - vegetable curry	150	166	9.06	5.87	19.56	2

Tuesday, 31.March	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chickpea Tikka Masala	150	203	8.92	7.81	20.10	2
Steamed cauliflower	50	12	0.88	0.11	2.53	
Cooked pasta	50	71	2.08	0.47	14.30	1
Cooked barley	50	57	1.45	0.35	12.39	1
Sauerkraut salad	60	17	0.65	0.44	2.68	
Pumpkin and red currant salad	60	17	0.51	0.11	4.11	
Beetroot salad (with garlic)	60	29	0.99	0.42	5.34	
Salad dressings	12	67	0.14	7.31	0.25	10;2
Mixed seeds	15	82	3.42	6.56	3.72	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 carrot snacks	150	57	1.05	0.60	13.72	
Total :	800	27.39	29.31	106.17		
Fried rice with eggs	250	318	9.52	7.62	53.55	1;3;4;7
Herb cream sauce	100	129	1.97	10.63	6.44	1;2

Wednesday, 1.April	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Pulled chicken burger	250	113	13.04	2.75	9.15	1;7
Baked carrot	50	25	0.70	0.51	5.22	
Beetroot salad with yogurt dressing	60	26	1.06	0.26	4.95	2
Turnip salad with orange	60	25	0.64	0.44	5.32	
Daikon salad with cabbage and carrot	60	26	0.61	1.34	3.47	
Salad dressings	15	84	0.17	9.14	0.32	10;2
Mixed seeds	30	165	6.84	13.12	7.45	11
Pria milk product	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 :	729	31.70	33.45	80.15		
*Overcooked zucchini with tomato and mozzarella	50	43	2.35	2.29	3.11	10;2;3;4;9
Sauce with herbs	60	69	1.09	5.78	3.04	1;2
*Sweet potato oven fries	50	1022	0.90	4.75	13.20	
Pearl couscous	50	74	2.56	0.65	14.58	1

Thursday, 2.April	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Beef bolognese	150	105	9.72	2.95	10.31	
Roasted pumpkin	50	17	0.60	0.32	3.60	
Herb roasted potatoes	50	54	1.33	0.32	11.83	
Cooked pasta	50	71	2.08	0.47	14.30	1
Turnip salad with cranberries	60	28	0.52	0.21	6.84	
Carrot and zucchini salad	60	20	0.66	0.50	3.77	
Sauerkraut and beetroot salad	60	19	0.74	0.42	3.06	
Salad dressings	10	56	0.11	6.09	0.21	10;2
Mixed seeds	30	165	6.84	13.12	7.45	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 daikon snacks	150	43	1.05	0.38	10.58	
Total :	767	30.95	29.91	98.98		
Vegetable lasagne	250	476	24.87	11.90	69.91	1;2;3

Weekly average :	755	30.48	29.66	94.4
10 day average :	750	30.25	27.93	97.21

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