

School Lunch Weekly Menu 06.04.2026 - 10.04.2026

Grupp

4-9 klass

Monday, 6.April	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Beef bourguignon	150	106	8.80	5.31	6.41	9
Steamed cauliflower	50	12	0.88	0.11	2.53	
Herb roasted potatoes	50	54	1.33	0.32	11.83	
Pearl couscous	50	74	2.56	0.65	14.58	1
Turnip and apple salad	60	30	0.45	0.18	7.25	
Carrot and cauliflower salad	60	32	0.62	0.51	6.81	
Napa cabbage salad with dill	60	16	1.02	0.49	2.07	
Salad dressings	11	62	0.12	6.70	0.23	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	45	129	3.69	1.51	23.96	1;11;2
Pear and carrot snacks	150	57	1.05	0.60	13.72	
Total :	727	27.96	26.73	98.84		
Buckwheat stir fry vegetables	250	267	9.08	3.76	51.47	
Bechamel sauce	60	125	1.77	10.87	4.98	1;2

Tuesday, 7.April	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Broccoli and cheese patties	50	77	3.70	3.57	8.11	2;3
Cottage cheese sauce	100	139	9.36	8.00	2.69	2
Roasted turnip	50	20	0.57	0.42	4.20	
Steamed buckwheat	50	59	2.08	0.60	11.60	
Cooked barley	50	57	1.45	0.35	12.39	1
Napa cabbage salad with cucumber	60	14	0.83	0.45	1.82	
Pumpkin and cranberry salad	60	29	0.42	1.89	3.11	
Daikon salad	60	12	0.63	0.37	2.14	
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	50	144	4.10	1.68	26.62	1;11;2
Apple and daikon snacks	150	53	0.54	0.46	12.93	
Total :	721	28.44	25.94	92.19		
Mushroom stew	150	90	2.94	5.79	6.90	1;2

Wednesday, 8.April	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chicken pizza	230	446	22.66	16.89	51.75	2
Spicy tomato sauce	100	45	2.11	0.20	8.56	
Roasted pumpkin	50	17	0.60	0.32	3.60	
Beetroot salad (with garlic)	60	29	0.99	0.42	5.34	
Rainbow red cabbage salad	60	29	0.68	0.46	6.21	
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	3	16	0.68	1.31	0.74	11
Pria milk product	125	73	4.02	3.79	5.73	2
Variety of bread	15	43	1.23	0.50	7.99	1;11;2
Orange and swede snacks	150	55	1.58	0.30	13.12	
Total :	774	35.08	25.47	104.87		
Stir fry vegetables	150	52	2.11	1.25	9.91	
Spicy tomato sauce	100	45	2.11	0.20	8.56	
Steamed rice	50	64	1.26	0.44	13.65	
Mash potato	50	50	1.37	0.45	10.50	2

Thursday, 9.April	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Fish pasta	250	299	17.80	5.28	45.27	1;4
Roasted beetroot with herbs	50	28	0.96	0.37	5.22	
Cucumber and zucchini salad with herbs	60	12	0.57	0.39	1.68	
Turnip salad with celery and apples	60	29	0.51	0.17	6.99	9
Napa cabbage salad with dill	60	16	1.02	0.49	2.07	
Salad dressings	15	84	0.17	9.14	0.32	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
Apple and kohlrabi snacks	150	48	0.52	0.42	11.92	
Total :	706	29.12	22.54	98.57		
Sweet potato and bean hot pot	150	131	4.89	1.39	26.50	
Tzatziki sauce	60	24	1.49	1.09	2.23	2
Steamed rice	50	64	1.26	0.44	13.65	
Herb roasted potatoes	50	54	1.33	0.32	11.83	

Friday, 10.April	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Turkey shashlik	50	75	13.88	1.97	0.43	
Greek tomato sauce	100	29	1.10	0.64	4.90	
Steamed garden peas	50	37	2.73	0.21	7.14	
Cooked pasta	50	71	2.08	0.47	14.30	1
Cooked green lentils	50	79	5.42	0.38	11.78	
Sauerkraut salad with onions	60	18	0.65	0.45	2.97	
Beetroot salad with leeks	60	28	0.97	0.42	5.14	
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	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 :	730	36.94	20.80	99.14		
Chickpea and vegetable hot pot	250	182	7.63	2.37	31.63	

Weekly average :	731	31.51	24.3	98.72
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