

## School Lunch Weekly Menu 27.04.2026 - 30.04.2026

### Grupp

4-9 klass

	Monday, 27.April	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chicken goulash		150	133	10.82	5.55	9.85	1;2
Baked carrot		50	25	0.70	0.51	5.22	
Steamed rice		50	64	1.26	0.44	13.65	
Steamed potatoes		50	52	1.33	0.07	11.83	
Beetroot salad (with garlic)		60	29	0.99	0.42	5.34	
Sauerkraut salad with onions		60	18	0.65	0.45	2.97	
Turnip salad		60	28	0.57	0.17	6.86	
Salad dressings		15	84	0.17	9.14	0.32	10;2
Mixed seeds		9	49	2.05	3.93	2.23	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 celery snacks		150	42	0.98	0.42	10.12	9
		Total :	741	27.64	26.57	100.74	
Mushroom couscous		250	246	6.92	9.86	34.00	1
Yoghurt - curry sauce		100	51	3.10	2.41	4.17	2
	Tuesday, 28.April	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Sesame carrot patties		50	81	2.49	3.28	10.98	1;11;2;3
Thai yogurt garam masala sauce		100	21	1.25	0.70	2.62	2
Roasted celery		50	21	0.99	0.42	4.24	9
Mash potato		50	50	1.37	0.45	10.50	2
Steamed buckwheat		50	59	2.08	0.60	11.60	
Cabbage salad with dill		60	27	0.65	1.62	3.16	
Asian carrot salad		60	71	2.10	2.82	6.35	11
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		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 carrot snacks		150	57	1.05	0.60	13.72	
		Total :	760	26.65	30.02	99.48	
Pumpkin potato bake		250	196	4.27	7.49	29.24	1;2
	Wednesday, 29.April	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Curried chicken thigh meat in yogurt marinade		50	93	14.69	3.26	1.09	2
Spicy tomato sauce		100	45	2.11	0.20	8.56	
Steamed garden peas		50	37	2.73	0.21	7.14	
Pearl couscous		50	74	2.56	0.65	14.58	1
Cooked green lentils		50	79	5.42	0.38	11.78	
Iceberg and carrot salad		60	35	0.60	2.30	3.61	
Napa cabbage salad with peppers		60	16	0.88	0.47	2.35	
Beetroot salad		60	26	0.96	0.12	5.22	
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		50	144	4.10	1.68	26.62	1;11;2
Apple and daikon snacks		150	53	0.54	0.46	12.93	
		Total :	774	39.46	23.97	100.67	
Chickpea-mango curry with coconut milk (Vegan)		150	178	5.87	10.01	16.49	
	Thursday, 30.April	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Thai fish casserole		150	137	13.18	8.67	4.94	4
Steamed garden peas		50	37	2.73	0.21	7.14	
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
Carrot and cranberry salad		60	32	0.52	0.56	7.01	
Napa Cabbage Salad with Corn		60	22	1.11	0.53	3.56	
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 swede snacks		150	53	0.90	0.50	12.90	
		Total :	723	31.87	26.25	95.56	
Red lentil cottage pie		250	197	8.68	3.02	35.37	2;9
Creamy dill sauce		100	130	1.98	10.63	6.80	1;2

Weekly average :	749	31.4	26.7	99.11
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](mailto: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