

# School Lunch Weekly Menu 04.05.2026 - 08.05.2026

Theme days: Tähed taldrikul

## Grupp

4-9 klass

	Monday, 4.May	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
<b>Chilli con carne KEVIN ALOE</b>		150	186	9.44	9.82	15.92	
Roasted celery		50	21	0.99	0.42	4.24	9
Steamed potatoes		50	52	1.33	0.07	11.83	
Steamed buckwheat		50	59	2.08	0.60	11.60	
Cabbage and sweet peppers salad		60	15	0.67	0.13	3.39	
Turnip salad with orange		60	25	0.64	0.44	5.32	
Beetroot salad with caraway seeds		60	29	0.96	0.42	5.22	
Salad dressings		5	28	0.06	3.05	0.11	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		30	86	2.46	1.01	15.97	1;11;2
Pear and carrot snacks		150	57	1.05	0.60	13.72	
		Total :	714	27.12	26.91	96.77	
Vegetable stew		250	230	7.12	9.68	28.14	2
Cold sour cream sauce		100	105	3.06	8.61	4.05	2
	Tuesday, 5.May	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Cottage cheese and potato patties		50	73	3.41	2.07	10.62	1;2;3
Creamy mustard sauce		100	137	2.23	11.21	6.83	1;10;2
Steamed green beans		50	14	0.89	0.05	3.36	
Cooked green lentils		50	79	5.42	0.38	11.78	
Turmeric rice		50	64	1.26	0.44	13.65	
Pumpkin and swede salad		60	42	0.48	1.30	7.69	
Oriental style red cabbage salad		60	30	0.81	1.35	4.35	
Carrot and cauliflower salad		60	32	0.62	0.51	6.81	
Salad dressings		2	11	0.02	1.22	0.04	10;2
Mixed seeds		23	126	5.24	10.06	5.71	11
Dairy Products (Drinks)		125	73	4.02	3.79	5.73	2
Variety of bread		20	57	1.64	0.67	10.65	1;11;2
Apple and kohlrabi snacks		150	48	0.52	0.42	11.92	
		Total :	788	26.56	33.47	99.14	
Pasta with creamy beetroot sauce		250	326	13.95	6.79	51.55	1;2
	Wednesday, 6.May	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
<b>Baked chicken drumstick Rasmus ja Robert Laidvee</b>		80	141	21.66	5.67	0.79	10
Sour cream sauce		100	78	1.43	5.63	5.70	1;2
Baked carrot		50	25	0.70	0.51	5.22	
Herb roasted potatoes		50	54	1.33	0.32	11.83	
Boiled quinoa		50	68	2.49	1.22	10.91	
Sauerkraut salad		60	17	0.65	0.44	2.68	
Cabbage salad with tomatoes		60	32	0.59	2.22	2.83	
Beetroot salad (with garlic)		60	29	0.99	0.42	5.34	
Salad dressings		6	34	0.07	3.65	0.13	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		45	129	3.69	1.51	23.96	1;11;2
Banana and daikon snacks		150	101	1.65	0.45	23.70	
		Total :	798	39.95	27.14	99.56	
Sweet and sour vegetable rice noodles		250	241	4.59	5.89	43.13	1;7
	Thursday, 7.May	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
<b>Baked pollock fillet RALF KUTTIS</b>		50	78	12.30	3.16	0.05	4
<b>Tartar sauce RALF KUTTIS</b>		100	67	1.81	5.05	4.53	2
Steamed garden peas and sweet corn		50	44	2.16	0.31	9.00	
Steamed rice		50	64	1.26	0.44	13.65	
Mash potato		50	50	1.37	0.45	10.50	2
Daikon salad		60	12	0.63	0.37	2.14	
Pumpkin and red currant salad		60	17	0.51	0.11	4.11	
Iceberg salad with cucumber		60	12	0.61	0.41	1.73	
Salad dressings		14	79	0.16	8.53	0.30	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 swede snacks		150	53	0.90	0.50	12.90	
		Total :	710	30.51	26.11	92.00	
Mushroom risotto		250	260	6.38	2.42	53.90	
	Friday, 8.May	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
<b>Pesto pasta with chicken KASPAR KUUSMAA</b>		250	525	23.04	22.47	56.79	1;2;6
Steamed garden peas		50	37	2.73	0.21	7.14	
Carrot and apple salad		60	25	0.45	0.53	5.33	
Napa cabbage salad with dill		60	16	1.02	0.49	2.07	
Turnip and apple salad		60	30	0.45	0.18	7.25	
Salad dressings		2	11	0.02	1.22	0.04	10;2
Mixed seeds		2	11	0.46	0.87	0.50	11
Dairy Products (Drinks)		125	73	4.02	3.79	5.73	2
Variety of bread		15	43	1.23	0.50	7.99	1;11;2
Pear and cabbage snacks		150	50	1.12	0.45	12.00	
		Total :	820	34.54	30.71	104.84	
Rice and vegetable patties		50	60	0.97	2.83	8.15	3
Curry sauce		100	61	2.69	2.35	7.39	1;2
Pearl couscous		50	74	2.56	0.65	14.58	1
Steamed buckwheat		50	59	2.08	0.60	11.60	

Weekly average :	766	31.74	28.87	98.46
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