

School Lunch Weekly Menu 11.05.2026 - 15.05.2026

Grupp

4-9 klass

	Monday, 11.May	Amount, g	Kcal	Valgud.g	Fats, g	Carbohydrates, g	Allergens
Chicken pilaf		250	300	15.22	2.22	54.69	
Steamed broccoli		50	17	1.68	0.19	2.94	
Beetroot and cucumber salad		60	25	0.84	0.41	4.43	
Carrot salad		60	21	0.57	0.23	4.77	
Napa cabbage salad with cucumber		60	14	0.83	0.45	1.82	
Salad dressings		15	84	0.17	9.14	0.32	10:2
Mixed seeds		13	71	2.96	5.68	3.23	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
Apple and swede snacks		150	53	0.90	0.50	12.90	
		Total :	701	28.42	23.11	98.82	
Mexican bean casserole		150	138	7.90	0.64	27.94	
Cold yoghurt sauce		100	53	3.22	2.45	4.44	2
Steamed rice		50	64	1.26	0.44	13.65	
Steamed potatoes		50	52	1.33	0.07	11.83	
	Tuesday, 12.May	Amount, g	Kcal	Valgud.g	Fats, g	Carbohydrates, g	Allergens
Vegetable paella		250	242	6.39	2.83	48.95	
Steamed sweet corn		50	52	1.59	0.41	10.87	
Carrot salad		60	21	0.57	0.23	4.77	
Turnip and apple salad		60	30	0.45	0.18	7.25	
Beetroot salad with yogurt dressing		60	26	1.06	0.26	4.95	2
Salad dressings		8	45	0.09	4.87	0.17	10:2
Mixed seeds		30	165	6.84	13.12	7.45	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
Melon and carrot snacks		150	46	1.20	0.38	10.42	
		Total :	741	23.44	26.57	108.55	
Cabbage- rice scone		50	61	2.00	2.28	8.50	1;2;3
Herb cream sauce		100	129	1.97	10.63	6.44	1;2
Steamed buckwheat		50	59	2.08	0.60	11.60	
Cooked green lentils		50	79	5.42	0.38	11.78	
	Wednesday, 13.May	Amount, g	Kcal	Valgud.g	Fats, g	Carbohydrates, g	Allergens
Roast turkey thigh meat marinated with herbs		50	137	13.93	8.67	0.66	
Lemon-yoghurt sauce		100	50	3.05	2.33	4.21	2
Roasted beetroot with herbs		50	28	0.96	0.37	5.22	
Steamed buckwheat		50	59	2.08	0.60	11.60	
Boiled quinoa		50	68	2.49	1.22	10.91	
Napa Cabbage Salad with Corn		60	22	1.11	0.53	3.56	
Creamy carrot salad		60	22	0.86	0.49	4.20	2
Pumpkin and cranberry salad		60	29	0.42	1.89	3.11	
Salad dressings		4	22	0.05	2.44	0.08	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 kohlrabi snacks		150	48	0.52	0.42	11.92	
		Total :	719	34.27	25.74	88.56	
Tomato and broccoli pasta		250	424	16.05	12.77	61.14	1:2
	Thursday, 14.May	Amount, g	Kcal	Valgud.g	Fats, g	Carbohydrates, g	Allergens
Meatballs		50	160	8.05	12.06	4.85	1;3
Spicy tomato sauce		100	45	2.11	0.20	8.56	
Steamed cauliflower		50	12	0.88	0.11	2.53	
Cooked pasta		50	71	2.08	0.47	14.30	1
Cooked green lentils		50	79	5.42	0.38	11.78	
Daikon and cucumber salad		60	8	0.51	0.06	1.79	
Rainbow red cabbage salad		60	29	0.68	0.46	6.21	
Carrot and orange salad		60	26	0.64	0.48	5.48	
Salad dressings		9	51	0.10	5.48	0.19	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
Pear and cabbage snacks		150	50	1.12	0.45	12.00	
		Total :	764	30.39	26.93	100.78	
Red kidney beans and zucchini pasta		250	332	13.46	3.64	61.91	1
	Friday, 15.May	Amount, g	Kcal	Valgud.g	Fats, g	Carbohydrates, g	Allergens
Hake fillet schnitzel		50	72	9.80	2.80	1.71	1;3;4
Sauce with herbs		100	115	1.82	9.64	5.07	1;2
Roasted pumpkin		50	17	0.60	0.32	3.60	
Mash potato		50	50	1.37	0.45	10.50	2
Turmeric rice		50	64	1.26	0.44	13.65	
Turnip salad		60	28	0.57	0.17	6.86	
Cabbage and carrot salad		60	17	0.61	0.16	3.95	
Beetroot salad		60	38	1.01	1.33	5.48	
Salad dressings		5	28	0.06	3.05	0.11	10:2
Mixed seeds		7	38	1.60	3.06	1.74	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 daikon snacks		150	53	0.54	0.46	12.93	
		Total :	738	27.36	27.35	97.95	
Vegetable risotto		250	325	12.58	9.91	47.96	2

Weekly average :	733	28.78	25.94	98.93
10 day average :	750	30.26	27.41	98.70

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