

## School Lunch Weekly Menu 18.05.2026 - 22.05.2026

### Grupp

4-9 klass

Monday, 18.May	Amount, g	Kcal	Valgud.g	Fats, g	Carbohydrates, g	Allergens
*Baked chicken thighs in herb marinade	50	144	14.27	9.37	0.66	
Cold sour cream sauce	100	105	3.06	8.61	4.05	2
Steamed sweet corn	50	52	1.59	0.41	10.87	
Steamed rice	50	64	1.26	0.44	13.65	
Steamed potatoes	50	52	1.33	0.07	11.83	
Sauerkraut salad with onions	60	18	0.65	0.45	2.97	
Rutabaga - Raisin Salad	60	44	0.62	1.97	6.60	
Rainbow red cabbage salad	60	29	0.68	0.46	6.21	
Salad dressings	2	11	0.02	1.22	0.04	10;2
Mixed seeds	3	16	0.68	1.31	0.74	11
Dairy Products (Drinks)	100	58	3.22	3.03	4.58	2
Variety of bread	25	72	2.05	0.84	13.31	1;11;2
Banana and carrot snacks	150	103	1.65	0.52	24.00	
<b>Total :</b>	<b>769</b>	<b>31.08</b>	<b>28.70</b>	<b>99.51</b>		
Kidney beans and rice pilaf (GF,LF)	250	355	8.70	9.83	56.39	

Tuesday, 19.May	Amount, g	Kcal	Valgud.g	Fats, g	Carbohydrates, g	Allergens
Green ratatouille	150	100	6.49	0.56	16.59	9
Cold yoghurt sauce	100	53	3.22	2.45	4.44	2
Steamed cauliflower	50	12	0.88	0.11	2.53	
Herb roasted potatoes	50	54	1.33	0.32	11.83	
Mushroom pearl barley	50	57	1.48	1.55	9.80	1;2
Creamy carrot salad	60	22	0.86	0.49	4.20	2
Beetroot salad (with garlic)	60	29	0.99	0.42	5.34	
Napa Cabbage Salad with Corn	60	22	1.11	0.53	3.56	
Salad dressings	15	84	0.17	9.14	0.32	10;2
Mixed seeds	9	49	2.05	3.93	2.23	11
Dairy Products (Drinks)	125	73	4.02	3.79	5.73	2
Variety of bread	40	115	3.28	1.34	21.30	1;11;2
Apple and red cabbage snacks	150	50	1.35	0.42	11.48	
<b>Total :</b>	<b>720</b>	<b>27.23</b>	<b>25.05</b>	<b>99.35</b>		
Vegetable ragout	250	121	4.02	1.79	24.25	

Wednesday, 20.May	Amount, g	Kcal	Valgud.g	Fats, g	Carbohydrates, g	Allergens
Pulled chicken burger	250	113	13.04	2.75	9.15	1;7
Steamed green beans	50	14	0.89	0.05	3.36	
Daikon salad	60	12	0.63	0.37	2.14	
Leek salad with sour cream	60	30	0.73	1.41	4.22	2
Sauerkraut and beetroot salad	60	19	0.74	0.42	3.06	
Salad dressings	15	84	0.17	9.14	0.32	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	50	144	4.10	1.68	26.62	1;11;2
Pear and swede snacks	150	55	1.05	0.52	13.42	
<b>Total :</b>	<b>709</b>	<b>32.21</b>	<b>33.25</b>	<b>75.47</b>		
Eggplant stew with black plums	150	62	1.69	0.47	14.51	9
Greek tomato sauce	100	29	1.10	0.64	4.90	
Sweet potato	50	60	0.80	0.55	13.60	
Steamed rice	50	64	1.26	0.44	13.65	

Thursday, 21.May	Amount, g	Kcal	Valgud.g	Fats, g	Carbohydrates, g	Allergens
Salmon pasta	250	390	21.86	14.58	41.92	1;2;4
Roasted turnip	50	20	0.57	0.42	4.20	
Napa cabbage salad with dill	60	16	1.02	0.49	2.07	
Pumpkin and cranberry salad	60	29	0.42	1.89	3.11	
Carrot and cauliflower salad	60	32	0.62	0.51	6.81	
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	45	129	3.69	1.51	23.96	1;11;2
Apple and kohlrabi snacks	150	48	0.52	0.42	11.92	
<b>Total :</b>	<b>776</b>	<b>33.45</b>	<b>27.36</b>	<b>100.54</b>		
Carrot patties	50	77	2.28	2.75	11.32	1;2;3
Cold sour cream sauce	100	105	3.06	8.61	4.05	2
Pearl couscous	50	74	2.56	0.65	14.58	1
Boiled quinoa	50	68	2.49	1.22	10.91	

Friday, 22.May	Amount, g	Kcal	Valgud.g	Fats, g	Carbohydrates, g	Allergens
Roast turkey with mustard	50	78	13.94	2.20	0.34	10
Herb cream sauce	100	129	1.97	10.63	6.44	1;2
Roasted celery	50	21	0.99	0.42	4.24	9
Potato and pumpkin mash	50	35	1.06	0.50	6.81	2
Steamed buckwheat	50	59	2.08	0.60	11.60	
Beetroot salad with caraway seeds	60	29	0.96	0.42	5.22	
Napa Cabbage Salad with Corn	60	22	1.11	0.53	3.56	
Daikon and carrot salad	60	16	0.60	0.16	3.76	
Salad dressings	7	39	0.08	4.26	0.15	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	
<b>Total :</b>	<b>710</b>	<b>32.71</b>	<b>26.95</b>	<b>87.21</b>		
Rice noodles with broccoli and pea pesto (GF,LF)	250	321	8.18	9.60	51.80	8

<b>Weekly average :</b>	<b>737</b>	<b>31.34</b>	<b>28.26</b>	<b>92.42</b>
<b>10 day average :</b>	<b>735</b>	<b>30.06</b>	<b>27.10</b>	<b>95.68</b>

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