

School Lunch Weekly Menu 25.05.2026 - 29.05.2026

Grupp

4-9 klass

	Monday, 25.May	Amount, g	Kcal	Valgud.g	Fats, g	Carbohydrates, g	Allergens
Mexican minced beef casserole		150	159	11.65	3.72	21.20	
Steamed broccoli		50	17	1.68	0.19	2.94	
Pearl couscous		50	74	2.56	0.65	14.58	1
Steamed potatoes		50	52	1.33	0.07	11.83	
Carrot and leek salad		60	22	0.69	0.54	4.33	
Daikon and cucumber salad		60	8	0.51	0.06	1.79	
Sauerkraut salad		60	17	0.65	0.44	2.68	
Salad dressings		15	84	0.17	9.14	0.32	10;2
Mixed seeds		8	44	1.82	3.50	1.99	11
Dairy Products (Drinks)		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 swede snacks		150	53	0.90	0.50	12.90	
		Total :	703	28.85	23.78	98.92	
Spinach risotto		250	336	16.55	10.36	44.90	2
Curry sauce		100	61	2.69	2.35	7.39	1;2
	Tuesday, 26.May	Amount, g	Kcal	Valgud.g	Fats, g	Carbohydrates, g	Allergens
Creamy pasta with beetroot sauce (vegan)		250	271	9.01	2.55	52.26	1
Roasted pumpkin		50	17	0.60	0.32	3.60	
Napa Cabbage Salad with Corn		60	22	1.11	0.53	3.56	
Turnip salad with orange		60	25	0.64	0.44	5.32	
Beetroot salad		60	26	0.96	0.12	5.22	
Salad dressings		7	39	0.08	4.26	0.15	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
Pear and carrot snacks		150	57	1.05	0.60	13.72	
		Total :	739	25.54	26.23	105.00	
Vegetable and cottage cheese patties		50	51	3.82	1.47	6.01	1;2;3
Cottage cheese sauce		100	139	9.36	8.00	2.69	2
Boiled quinoa		50	68	2.49	1.22	10.91	
Steamed buckwheat		50	59	2.08	0.60	11.60	
	Wednesday, 27.May	Amount, g	Kcal	Valgud.g	Fats, g	Carbohydrates, g	Allergens
Oven baked fish fillet		50	61	13.47	0.48	0.53	10;4
Creamy dill sauce		100	130	1.98	10.63	6.80	1;2
Roasted turnip		50	20	0.57	0.42	4.20	
Mash potato		50	50	1.37	0.45	10.50	2
Steamed rice		50	64	1.26	0.44	13.65	
Beetroot salad with yogurt dressing		60	26	1.06	0.26	4.95	2
Cabbage and tomato salad		60	24	0.62	1.33	2.95	
Swede salad with celery and apples		60	21	0.51	0.17	5.10	9
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
Apple and daikon snacks		150	53	0.54	0.46	12.93	
		Total :	734	30.28	26.90	94.89	
Chickpea and carrot curry		150	107	5.52	1.63	15.98	
	Thursday, 28.May	Amount, g	Kcal	Valgud.g	Fats, g	Carbohydrates, g	Allergens
Beef Burrito		250	473	27.78	12.85	27.05	1;2
Steamed green beans		50	14	0.89	0.05	3.36	
Turnip salad		60	28	0.57	0.17	6.86	
Carrot and green pea salad		60	26	0.73	0.54	5.18	
Cabbage salad with dill		60	27	0.65	1.62	3.10	
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		15	43	1.23	0.50	7.99	1;11;2
Banana and white cabbage		150	96	1.72	0.38	22.28	
		Total :	794	37.49	21.67	81.18	
Pumpkin and sweet potato curry with tofu		150	155	2.97	7.55	26.68	
Greek tomato sauce		100	29	1.10	0.64	4.90	
Steamed potatoes		50	52	1.33	0.07	11.83	
Cooked pasta		50	71	2.08	0.47	14.30	1
	Friday, 29.May	Amount, g	Kcal	Valgud.g	Fats, g	Carbohydrates, g	Allergens
Chicken tomato pasta		250	380	15.83	14.93	45.49	1;2
Steamed garden peas		50	37	2.73	0.21	7.14	
Cabbage and sweet peppers salad		60	15	0.67	0.13	3.39	
Beetroot salad (with garlic)		60	29	0.99	0.42	5.34	
Carrot and cranberry salad		60	32	0.52	0.56	7.01	
Salad dressings		4	22	0.05	2.44	0.08	10;2
Mixed seeds		5	27	1.14	2.19	1.24	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
Apple and cucumber snacks		150	38	0.60	0.34	9.00	
		Total :	740	29.01	26.02	100.39	
Asian chickpea stew with coconut milk		150	168	6.63	7.66	17.49	
Cold sour cream sauce		100	105	3.06	8.61	4.05	2
Steamed rice		50	64	1.26	0.44	13.65	
Cooked green lentils		50	79	5.42	0.38	11.78	

Weekly average :	742	30.23	24.92	96.08
10 day average :	740	30.79	26.59	94.25

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