School Lunch Weekly Menu 01.06.2026 - 05.06.2026

Grupp

4–9 klass

Monday, 1.June	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Ground beef pasta	250	321	23.95	13.52	25.71	1;2
Roasted brussels sprouts	50	18	1.75	0.50	2.20	
Carrot Salad with Sesame Seeds	60	48	1.37	2.92	3.12	11
Beetroot salad with caraway seeds	60	29	0.96	0.42	5.22	
Napa Cabbage Salad with Corn	60	19	0.91	0.43	2.63	
Salad dressings	3	17	0.03	1.83	0.05	10;2
Mixed Seeds	3	17	0.80	1.39	0.37	11
Dairy Products (Drinks)	125	73	4.02	3.79	5.73	2
Variety of bread	50	144	4.21	1.68	26.62	1;11;2
Apple and red cabbage snacks	150	50	1.35	0.42	11.48	
	Total :	735	39.35	26.90	83.13	
Vegetable hot pot	150	64	2.96	1.09	10.87	
Lemon-yoghurt sauce	100	49	3.05	2.33	4.12	2
Steamed buckwheat	50	59	2.08	0.60	11.60	
Steamed potatoes	50	52	1.33	0.07	11.83	

Tuesday, 2.June	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Vegetable & chickpea coconut curry	150	156	5.25	8.71	11.21	
Roasted celery	50	21	0.99	0.42	4.24	9
Potato and cauliflower mash	50	33	1.25	0.59	5.98	2
Boiled Green Lentils	50	79	5.42	0.38	11.78	
Pumpkin and swede salad	60	27	0.50	0.40	6.04	
Beetroot and cucumber salad	60	25	0.85	0.40	4.34	
Daikon salad	60	12	0.63	0.37	2.07	
Salad dressings	4	22	0.04	2.44	0.07	10;2
Mixed Seeds	15	85	4.01	6.93	1.86	11
Dairy Products (Drinks)	125	73	4.02	3.79	5.73	2
Variety of bread	40	115	3.37	1.34	21.30	1;11;2
Banana and carrot snacks	150	103	1.65	0.52	24.00	
	Total :	751	27.98	26.29	98.62	
Potato and cauliflower casserole	250	270	12.86	13.64	25.69	1;2
Cheese milk sauce	100	175	3.77	15.00	6.30	2

Wednesday, 3.June	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Autumn chicken and mushroom casserole	150	143	11.36	7.18	8.72	1;2
Steamed cauliflower	50	12	0.88	0.11	2.53	
Turmeric rice	50	64	1.26	0.44	13.65	
Steamed buckwheat	50	59	2.08	0.60	11.60	
Napa cabbage salad with cucumber	60	11	0.67	0.35	0.89	
Red cabbage salad	60	29	0.92	0.42	5.82	
Carrot Salad with Peas	60	25	0.50	0.43	3.98	
Salad dressings	12	67	0.13	7.31	0.21	10;2
Mixed Seeds	7	39	1.87	3.23	0.87	11
Dairy Products (Drinks)	125	73	4.02	3.79	5.73	2
Variety of bread	50	144	4.21	1.68	26.62	1;11;2
Pear and swede snacks	150	55	1.05	0.52	13.42	
	Total :	720	28.95	26.06	94.04	
Vegeburger with beetroot and chickpea cutlet	250	192	7.85	4.35	29.49	1;2
Thai yogurt garam masala sauce	100	20	1.32	0.62	2.10	2

Thursday, 4.June	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Moqueca - Brazilian fish stew	150	150	12.76	8.81	4.45	4
Roasted pumpkin	50	17	0.60	0.32	3.60	
Cooked Pasta	50	71	2.08	0.47	14.30	1
Herb roasted potatoes	50	54	1.33	0.32	11.83	
Beetroot and red currant salad	60	36	0.93	1.35	5.25	
Carrot and leek salad	60	22	0.49	0.44	3.26	
Cabbage salad with dill	60	17	0.67	0.43	3.17	
Salad dressings	12	67	0.13	7.31	0.21	10;2
Mixed Seeds	5	28	1.34	2.31	0.62	11
Dairy Products (Drinks)	125	73	4.02	3.79	5.73	2
Variety of bread	50	144	4.21	1.68	26.62	1;11;2
Apple and kohlrabi snacks	150	48	0.52	0.42	11.92	
	Total :	728	29.08	27.65	90.96	
Vegetable-chickpea curry	150	145	5.66	6.79	13.48	
Creamy dilll sauce	100	130	1.98	10.63	6.80	1;2

Friday, 5.June	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Braised Turkey	50	75	13.83	1.95	0.30	
Sauce with herbs	100	115	1.82	9.64	5.07	1;2
Baked carrot	50	24	0.44	0.38	3.85	
Steamed potatoes	50	52	1.33	0.07	11.83	
Pearl couscous	50	74	2.56	0.65	14.58	1
Beetroot salad (with garlic)	60	29	0.99	0.42	5.34	
Daikon and cucumber salad	60	8	0.54	0.04	1.59	
Turnip salad with orange	60	25	0.64	0.44	5.32	
Salad dressings	9	50	0.10	5.48	0.16	10;2
Mixed Seeds	3	17	0.80	1.39	0.37	11
Dairy Products (Drinks)	125	73	4.02	3.79	5.73	2
Variety of bread	50	144	4.21	1.68	26.62	1;11;2
Pear and cabbage snacks	150	50	1.12	0.45	12.00	
	Total :	736	32.40	26.38	92.76	
Vegetable & Lentil Paella	250	238	7.96	2.72	45.62	

Weekly average :	**734**	**31.55**	**26.66**	**91.9**
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
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