

## School Lunch Weekly Menu 08.06.2026 - 12.06.2026

### Grupp

4-9 klass

Monday, 8.June	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Tomato rice casserole with chicken	250	332	15.23	10.23	45.25	2
Steamed cauliflower	50	12	0.88	0.11	2.53	
Carrot Salad with Cranberries	60	32	0.32	0.46	6.00	
Napa cabbage salad with cucumber	60	11	0.67	0.35	0.89	
Cabbage and pumpkin salad	60	16	0.62	0.40	3.15	
Salad dressings	6	34	0.07	3.65	0.10	10:2
Mixed Seeds	11	62	2.94	5.08	1.37	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
Apple and swede snacks	150	53	0.90	0.50	12.90	
	Total :	739	29.02	25.91	99.22	
Califlower and chickpea curry	150	193	5.58	13.31	10.99	2
Curry sauce	100	61	2.69	2.35	7.39	1;2
Cooked Pasta	50	71	2.08	0.47	14.30	1
Steamed potatoes	50	52	1.33	0.07	11.83	

Tuesday, 9.June	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Creamy pumpkin pasta with broccoli (Vegan)	250	248	6.58	10.12	33.47	1;2
Steamed sweet corn	50	52	1.59	0.41	10.87	
Turnip and apple salad	60	30	0.45	0.18	7.25	
Red cabbage salad	60	29	0.92	0.42	5.82	
Daikon and cucumber salad	60	8	0.54	0.04	1.59	
Salad dressings	2	11	0.02	1.22	0.03	10:2
Mixed Seeds	30	169	8.02	13.86	3.72	11
Dairy Products (Drinks)	125	73	4.02	3.79	5.73	2
Variety of bread	35	101	2.95	1.17	18.63	1;11;2
Pear and carrot snacks	150	57	1.05	0.60	13.72	
	Total :	777	26.14	31.81	100.83	
Eggplant stew	150	45	1.57	1.01	8.11	
Cottage cheese sauce	100	125	10.56	8.00	2.85	2
Steamed buckwheat	50	59	2.08	0.60	11.60	
Steamed potatoes	50	52	1.33	0.07	11.83	

Wednesday, 10.June	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Minced Meat & Vegetable Bake	250	264	12.65	14.60	21.40	2;3
Roasted pumpkin	50	17	0.60	0.32	3.60	
Curd cake with raisins	80	205	11.19	4.77	28.77	1;2;3;8
Beetroot salad with caraway seeds	60	29	0.96	0.42	5.22	
Sauerkraut salad with onions	60	18	0.59	0.42	2.66	
Turnip salad with orange	60	25	0.64	0.44	5.32	
Salad dressings	2	11	0.02	1.22	0.03	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	25	72	2.10	0.84	13.31	1;11;2
Apple and daikon snacks	150	53	0.54	0.46	12.93	
	Total :	783	34.11	28.67	99.34	
Carrot Loaf	50	69	2.19	3.36	6.76	1;2;3
Cold sour cream sauce	100	105	3.06	8.61	3.96	2
Boiled Green Lentils	50	79	5.42	0.38	11.78	
Steamed Rice	50	64	1.26	0.44	13.65	

Thursday, 11.June	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Pulled Pork Burger	50	136	12.45	9.59	0.14	
Spicy tomato sauce	100	45	2.11	0.20	8.56	
Steamed green beans	50	14	0.89	0.05	3.36	
Herb roasted potatoes	50	54	1.33	0.32	11.83	
Steamed buckwheat	50	59	2.08	0.60	11.60	
Napa cabbage salad with dill	60	12	0.78	0.37	0.91	
Carrot Salad	60	20	0.34	0.11	3.57	
Beetroot salad	60	38	1.01	1.33	5.48	
Salad dressings	11	62	0.12	6.70	0.19	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
Banana and cucumber snacks	150	86	1.35	0.30	19.80	
	Total :	759	31.49	26.43	98.16	
Beetroot risotto	250	337	12.43	10.93	47.44	2

Friday, 12.June	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Baked White Fish Fillet	50	78	12.30	3.16	0.05	4
Cold yoghurt sauce	100	53	3.22	2.45	4.44	2
Roasted celery	50	21	0.99	0.42	4.24	9
Steamed Rice	50	64	1.26	0.44	13.65	
Potato and carrot mash	50	35	1.00	0.59	6.23	2
Daikon salad	60	12	0.63	0.37	2.07	
Beetroot salad with yogurt dressing	60	26	1.06	0.26	4.95	2
Cabbage and sweet peppers salad	60	15	0.67	0.13	3.05	
Salad dressings	15	84	0.17	9.14	0.26	10:2
Mixed Seeds	10	56	2.68	4.62	1.24	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 :	710	32.73	27.47	84.45	
Potato Azu	250	193	8.23	1.87	37.15	

Weekly average :	754	30.7	28.06	96.4
10 day average :	744	31.13	27.36	94.15

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