

## School Lunch Weekly Menu 15.06.2026 - 19.06.2026

### Grupp

4-9 klass

	Monday, 15.June	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Mexican beef casserole		150	176	11.66	5.65	21.10	
Steamed broccoli		50	17	1.68	0.19	2.94	
Pearl couscous		50	74	2.56	0.65	14.58	1
Steamed Rice		50	64	1.26	0.44	13.65	
Beetroot and apple salad		60	47	0.58	2.56	5.54	
Red cabbage salad		60	29	0.92	0.42	5.82	
Carrot and leek salad		60	22	0.49	0.44	3.26	
Salad dressings		13	73	0.15	7.92	0.23	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		30	87	2.53	1.01	15.97	1;11;2
Pear and cucumber snacks		150	39	0.75	0.38	9.52	
		Total :	727	27.94	25.76	98.96	
Vegan bigos (Polish hunter's stew)		150	99	1.88	5.58	11.09	
Cold yoghurt sauce		100	53	3.22	2.45	4.44	2
	Tuesday, 16.June	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Sweet potato & chickpea hotpot		150	135	3.08	3.93	22.66	
Roasted celery		50	21	0.99	0.42	4.24	9
Brown rice and quinoa		50	49	0.88	0.67	9.16	
Steamed potatoes		50	52	1.33	0.07	11.83	
Turnip salad		60	28	0.57	0.17	6.86	
Coleslaw with sour cream		60	33	0.80	1.95	3.61	2
Daikon salad		60	12	0.63	0.37	2.07	
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
Apple and kohlrabi snacks		150	48	0.52	0.42	11.92	
		Total :	733	23.81	28.04	100.46	
Cauliflower and spinach patties		50	55	1.99	2.43	6.73	1;3
Cottage cheese sauce		100	125	10.56	8.00	2.85	2
	Wednesday, 17.June	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Chicken Meatloaf		50	118	8.51	6.99	5.38	1;3
Cheese milk sauce		100	175	3.77	15.00	6.30	2
Steamed sweet corn		50	52	1.59	0.41	10.87	
Steamed buckwheat		50	59	2.08	0.60	11.60	
Mash potato		50	50	1.37	0.45	10.50	2
Napa cabbage salad with peppers		60	13	0.70	0.38	1.33	
Beetroot salad with caraway seeds		60	29	0.96	0.42	5.22	
Turnip and apple salad		60	30	0.45	0.18	7.25	
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		40	115	3.37	1.34	21.30	1;11;2
Orange and carrot snacks		150	58	1.58	0.38	13.42	
		Total :	799	29.22	32.55	99.30	
Rice casserole with vegetables		250	242	6.82	5.85	40.49	
	Thursday, 18.June	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Fish Cutlet		50	83	8.53	2.66	6.12	1;2;3;4
Thai yogurt garam masala sauce		100	20	1.32	0.62	2.10	2
Roasted turnip		50	20	0.57	0.42	4.20	
Boiled Green Lentils		50	79	5.42	0.38	11.78	
Cooked Pasta		50	71	2.08	0.47	14.30	1
Rainbow red cabbage salad		60	29	0.60	0.42	5.78	
Beetroot and cucumber salad		60	25	0.85	0.40	4.34	
Carrot Salad		60	20	0.34	0.11	3.57	
Salad dressings		15	84	0.17	9.14	0.26	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 daikon snacks		150	53	0.54	0.46	12.93	
		Total :	718	29.45	21.94	98.10	
Green pasta		250	345	10.65	12.88	47.75	1;2
	Friday, 19.June	Amount, g	Kcal	Valqud,g	Fats, g	Carbohydrates, g	Allergens
Turkey Risotto		250	283	14.29	3.18	49.42	
Roasted pumpkin		50	17	0.60	0.32	3.60	
Carrot Salad with Pear		60	25	0.30	0.46	4.57	
Napa Cabbage Salad with Corn		60	19	0.91	0.43	2.63	
Beetroot and red currant salad		60	36	0.93	1.35	5.25	
Salad dressings		15	84	0.17	9.14	0.26	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		15	43	1.26	0.50	7.99	1;11;2
Banana and salad leaves		150	92	1.86	1.58	21.47	
		Total :	734	27.28	25.83	102.29	
Bean-pumpkin stew with corn		150	195	7.53	8.00	26.83	
Herb cream sauce		100	129	1.97	10.63	6.38	1;2
Steamed Rice		50	64	1.26	0.44	13.65	
Herb roasted potatoes		50	54	1.33	0.32	11.83	

Weekly average :	742	27.54	26.82	99.82
10 day average :	748	29.12	27.44	98.11

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