

School Lunch Weekly Menu 31.08.2026 - 04.09.2026

Grupp

4–9 klass

Monday, 31.August	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Baked Curried Chicken Thigh	50	83	14.11	2.88	0	
Steamed Broccoli	60	20	2.02	0.22	3.53	
Pearl Couscous	60	89	3.07	0.78	17.50	1
Steamed Buckwheat	60	71	2.50	0.72	13.92	
Cabbage Salad with Cucumber	60	16	0.66	0.40	2.81	
White Radish & Cucumber Salad	60	8	0.54	0.04	1.59	
Polish Carrot Salad	60	21	0.31	0.15	4.03	
Dressing Selection for Salads	14	79	0.18	8.54	0.28	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
Selection of Bread Products incl. Rye Bread (5 Types)	50	128	4.70	1.67	20.39	1;2;3
Snacks: apple and carrot	150	55	0.60	0.42	11.62	
	Total :	726	36.72	26.54	83.26	
Sweet & Sour Cauliflower	150	74	3.74	2.78	10.02	
Cold Yogurt Dressing	100	53	3.22	2.45	4.44	2

Tuesday, 1.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Vegetable Curry with Chickpeas	150	156	5.25	8.71	11.21	
Steamed Corn	60	62	1.90	0.49	13.04	
Steamed Rice	60	77	1.51	0.53	16.38	
Boiled Quinoa	60	83	3.17	1.58	14.42	
White Radish & Sour Cream Salad	60	27	0.78	1.86	2.17	2
Pumpkin Salad with Cranberries	60	26	0.42	0.40	5.59	
Beetroot Salad with White Radish	60	23	0.83	0.40	4.13	
Dressing Selection for Salads	5	28	0.06	3.05	0.10	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
Selection of Bread Products incl. Rye Bread (5 Types)	50	128	4.70	1.67	20.39	1;2;3
Snacks: banana and cucumber	150	85	1.42	0.22	19.28	
	Total :	795	25.40	25.01	113.06	
Quesadilla with Cheese & Vegetables	280	652	26.65	33.91	11.65	1;2
White Sauce with Herbs	100	114	1.69	9.60	5.30	1;2

Wednesday, 2.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chili con Carne with Ground Beef	150	138	12.58	3.04	16.68	
Roasted Celeriac	60	26	1.19	0.50	5.08	9
Mashed Potatoes	60	61	1.64	0.54	12.60	2
Boiled Bulgur	60	82	2.08	0.53	16.32	1
Beetroot & Garlic Salad	60	29	0.99	0.42	5.34	
Cabbage Salad with Dill	60	17	0.67	0.43	3.17	
White Radish Salad with Herbs	60	12	0.63	0.37	2.07	
Dressing Selection for Salads	10	56	0.13	6.10	0.20	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
Selection of Bread Products incl. Rye Bread (5 Types)	50	128	4.70	1.67	20.39	1;2;3
Snacks: apple and white Radish	150	42	0.90	0.35	10.04	
	Total :	748	33.54	24.67	99.48	
Spinach Risotto	280	377	18.54	11.61	50.29	2

Thursday, 3.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chicken Drumstick	80	141	21.66	5.67	0.79	10
Curry Sauce	100	61	2.69	2.35	7.39	1;2
Roasted Carrot	60	29	0.52	0.46	4.62	
Rice with Vegetables	60	68	1.67	0.46	14.18	
Boiled Green Lentils	60	95	6.50	0.45	14.13	
Pumpkin & Apple Salad	60	25	0.37	0.41	5.42	
Beetroot Salad with Oil	60	29	0.96	0.42	5.22	
Cucumber & Tomato Salad	60	13	0.45	0.38	1.71	
Dressing Selection for Salads	3	17	0.04	1.83	0.06	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
Selection of Bread Products incl. Rye Bread (5 Types)	40	103	3.76	1.34	16.31	1;2;3
Liver Pâté Spread	50	58	6.37	2.88	1.58	2
Snacks: pear and kohlrabi	150	50	0.68	0.45	12.45	
	Total :	788	51.03	23.20	90.21	
Veggie Burger with Bean Cutlet	280	195	8.58	2.15	35.44	1;10

Friday, 4.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Hake Fillet with Tomato & Cheese	60	107	13.43	4.68	2.90	1;2;4
Cream Sauce with Dill	100	130	1.98	10.63	6.80	1;2
Steamed Cauliflower	60	14	1.06	0.13	3.04	
Cooked Pasta	60	85	2.50	0.56	17.16	1
Mashed Vegetables	60	39	1.31	0.64	7.15	2
Carrot Salad	60	20	0.34	0.11	3.57	
Turnip, Cauliflower & Bell Pepper Salad	60	31	0.68	0.46	6.59	
Leek Salad with Sour Cream	60	30	0.63	1.36	3.71	2
Dressing Selection for Salads	5	28	0.06	3.05	0.10	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
Selection of Bread Products incl. Rye Bread (5 Types)	40	103	3.76	1.34	16.31	1;2;3
Fish Spread	40	54	5.75	3.29	0.40	2;4
Snacks: apple and turnip	150	53	0.90	0.49	12.90	
	Total :	796	37.76	32.84	86.98	
Mediterranean Casserole	280	422	13.92	23.06	41.51	2;3

Weekly average :	771	36.89	26.45	94.6
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 have joined the European Union's School Milk and Fruit Scheme.

School

Canteen Manager