

School Lunch Weekly Menu 07.09.2026 - 11.09.2026

Grupp

4–9 klass

Monday, 7.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chicken Tikka Masala	150	150	11.96	6.87	9.99	2
Baked Turnip Sticks	60	24	0.69	0.51	5.04	
Steamed Rice	60	77	1.51	0.53	16.38	
Boiled Bulgur	60	82	2.08	0.53	16.32	1
White Radish & Carrot Salad	60	16	0.47	0.09	3.06	
Carrot Salad with Cranberries	60	32	0.32	0.46	6.00	
Chinese Cabbage Salad with Fresh Cucumber	60	11	0.67	0.35	0.89	
Dressing Selection for Salads	3	17	0.04	1.83	0.06	10;2
Mixed Seeds	10	56	2.68	4.62	1.24	11
Pria milk product	125	73	4.02	3.79	5.73	2
Selection of Bread Products incl. Rye Bread (5 Types)	35	90	3.29	1.17	14.27	1;2;3
Snacks: banana and cabbage	150	96	1.72	0.37	22.28	
	Total :	722	29.45	21.12	101.26	
Couscous with Vegetables	280	354	12.60	4.27	67.18	1
Yogurt & Curry Dressing	60	30	1.86	1.45	2.50	2

Tuesday, 8.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chilli Sin Carne	150	100	5.02	1.24	18.37	
Roasted Beetroot with Herbs	60	34	1.15	0.44	6.26	
Boiled Green Lentils	60	95	6.50	0.45	14.13	
Steamed Potatoes	60	62	1.60	0.08	14.20	
Cabbage Salad with Pumpkin	60	16	0.62	0.40	3.15	
Carrot Salad with Pumpkin Seeds	60	39	0.78	0.96	5.92	
Cottage Cheese Salad with Fresh Cucumber	60	49	5.11	2.55	1.38	2
Dressing Selection for Salads	10	56	0.13	6.10	0.20	10;2
Mixed Seeds	10	56	2.68	4.62	1.24	11
Pria milk product	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
Snacks: apple and turnip	150	53	0.90	0.49	12.90	
	Total :	737	32.27	22.46	99.79	
Pasta Wok with Vegetables	280	183	6.34	3.16	32.19	1;7
Cream Sauce with Dill	60	78	1.19	6.38	4.08	1;2

Wednesday, 9.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Fish Fillet in Breadcrumb & Kama Crust	50	90	10.09	2.58	7.01	1;4
Cold Sour Cream Sauce	100	105	3.06	8.61	3.96	2
Steamed Broccoli	60	20	2.02	0.22	3.53	
Cooked Pasta	60	85	2.50	0.56	17.16	1
Boiled Quinoa	60	83	3.17	1.58	14.42	
Chinese Cabbage Salad with Corn	60	19	0.91	0.43	2.63	
Carrot & Turnip Salad	60	30	0.48	0.15	6.57	
White Radish & Cucumber Salad	60	8	0.54	0.04	1.59	
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
Pria milk product	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
Fish Spread	40	54	5.75	3.29	0.40	2;4
Snacks: pear and cucumber	150	39	0.82	0.30	9.00	
	Total :	790	39.46	28.58	93.11	
Asian-Style Rice Noodle Skillet (Vegan)	280	185	4.53	3.91	32.20	11

Thursday, 10.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Tomato Beef & Rice Pot	250	294	13.29	7.59	42.58	
Steamed Green Beans	60	17	1.07	0.06	4.03	
Turnip Salad	60	28	0.57	0.17	6.86	
Pumpkin & Apple Salad	60	25	0.37	0.41	5.42	
Beetroot Salad with Cucumber	60	24	0.82	0.40	4.23	
Dressing Selection for Salads	10	56	0.13	6.10	0.20	10;2
Mixed Seeds	5	28	1.34	2.31	0.62	11
Pria milk product	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 :	728	26.91	22.92	101.68	
Stuffed Paprika with Couscous (Vegan)	280	213	7.92	3.07	37.32	1
Tomato Sauce	60	18	0.57	0.43	2.95	
Mashed Swede & Potatoes	50	40	1.15	0.49	8.41	2
Boiled Barley	50	57	1.45	0.35	12.39	1

Friday, 11.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chicken Thigh Meat in Paprika Marinade	50	83	14.11	2.88	0	
Roasted Pumpkin Cubes	60	21	0.72	0.39	4.32	
Steamed Buckwheat	60	71	2.50	0.72	13.92	
Pearl Couscous	60	89	3.07	0.78	17.50	1
Beetroot Salad	60	26	0.96	0.12	5.22	
Carrot & Cauliflower Salad	60	31	0.43	0.41	5.80	
White Radish Salad with Sour Cream	60	27	0.78	1.86	2.11	2
Dressing Selection for Salads	5	28	0.06	3.05	0.10	10;2
Mixed Seeds	10	56	2.68	4.62	1.24	11
Pria milk product	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
Pork Spread	50	60	8.40	2.71	0.52	2
Snacks: plums and kohlrabi	150	50	0.90	0.60	11.55	
	Total :	742	43.33	23.60	88.40	
Falafel	50	57	3.29	0.35	9.62	1
Lemon & Yogurt Dressing	60	30	1.83	1.40	2.47	2
Pearl Couscous	50	74	2.56	0.65	14.58	1
Steamed Buckwheat	50	59	2.08	0.60	11.60	

Weekly average :	744	34.28	23.74	96.85
10 day average :	758	35.59	25.10	95.73

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