

School Lunch Weekly Menu 14.09.2026 - 18.09.2026

Grupp

4–9 klass

Monday, 14.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Baked Salmon Fillet	50	133	12.64	9.12	0.09	
Thai Yogurt & Garam Masala Dressing	100	20	1.32	0.62	2.10	2
Steamed Corn	60	62	1.90	0.49	13.04	
Boiled Turmeric Rice	60	77	1.51	0.53	16.38	
Boiled Quinoa	60	83	3.17	1.58	14.42	
Chinese Cabbage Salad with Dill	60	12	0.78	0.37	0.91	
Carrot Salad with Peas	60	25	0.50	0.43	3.98	
White Radish Salad with Herbs	60	12	0.63	0.37	2.07	
Dressing Selection for Salads	3	17	0.04	1.83	0.06	10;2
Mixed Seeds	3	17	0.80	1.39	0.37	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
Salmon Spread	40	102	7.97	7.61	0.52	2;4
Snacks: apple and cucumber	150	38	0.67	0.27	8.47	
	Total :	798	40.65	30.07	88.53	
Creamy Lentil & Vegetable Curry	150	165	8.97	5.82	19.09	2

Tuesday, 15.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Plant-based Bolognese (with Minced Soy)	150	79	6.43	1.11	10.66	
Steamed Cauliflower	60	14	1.06	0.13	3.04	
Cooked Pasta	60	85	2.50	0.56	17.16	1
Boiled Barley	60	68	1.74	0.42	14.87	1
Sauerkraut Salad	60	17	0.62	0.42	2.49	
Pumpkin Salad with Redcurrants	60	28	0.51	0.41	6.00	
Beetroot & Garlic Salad	60	29	0.99	0.42	5.34	
Dressing Selection for Salads	15	85	0.19	9.15	0.31	10;2
Mixed Seeds	15	85	4.01	6.93	1.86	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: pear and carrot	150	56	0.75	0.45	12.15	
	Total :	745	27.52	25.46	100.00	
Pumpkin & Rice Casserole	280	356	7.04	6.40	68.41	
Cream Sauce with Parsley	100	129	1.97	10.63	6.38	1;2

Wednesday, 16.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Pulled Chicken Burger	300	137	15.58	3.31	10.48	1;7
Roasted Carrot	60	29	0.52	0.46	4.62	
Beetroot Salad with Yogurt	60	26	1.06	0.26	4.95	2
Turnip Salad with Oranges	60	25	0.64	0.44	5.32	
White Radish, Fresh Cabbage & Carrot Salad	60	17	0.54	0.40	2.89	
Dressing Selection for Salads	20	113	0.25	12.20	0.41	10;2
Mixed Seeds	25	141	6.69	11.55	3.10	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 kohlrabi	150	48	0.53	0.42	11.92	
	Total :	737	34.53	34.50	69.81	
Zucchini with Mozzarella & Tomato	50	42	2.47	2.35	2.46	10;13;2;3
White Sauce with Herbs	60	69	1.09	5.78	3.04	1;2
Sweet Potato Fries	50	1022	0.90	4.75	13.20	
Pearl Couscous	50	74	2.56	0.65	14.58	1

Thursday, 17.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Bolognese Sauce	150	95	9.17	2.84	7.92	
Roasted Pumpkin Cubes	60	21	0.72	0.39	4.32	
Baked Potatoes with Herbs	60	65	1.60	0.38	14.20	
Cooked Pasta	60	85	2.50	0.56	17.16	1
Turnip Salad with Cranberries	60	28	0.52	0.21	6.84	
Carrot Salad with Zucchini	60	20	0.49	0.42	2.89	
Sauerkraut & Beetroot Salad	60	19	0.74	0.42	3.06	
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
Snacks: banana and white Radish	150	90	1.65	0.30	20.85	
	Total :	707	28.85	18.65	104.70	
Vegetable Lasagna	280	533	27.74	13.27	77.71	1;2;3

Friday, 18.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chicken Nuggets	50	94	11.98	2.75	5.26	1;2;3
Creamy Cheese Sauce	100	175	3.77	15.00	6.30	2
Roasted Celeriac	60	26	1.19	0.50	5.08	9
Steamed Rice	60	77	1.51	0.53	16.38	
Boiled Green Lentils	60	95	6.50	0.45	14.13	
Carrot Salad with Pear	60	25	0.30	0.46	4.57	
Cucumber, Radish & Tomato Salad	60	12	0.52	0.37	1.71	
Pumpkin & Turnip Salad	60	27	0.50	0.40	6.04	
Dressing Selection for Salads	5	28	0.06	3.05	0.10	10;2
Mixed Seeds	3	17	0.80	1.39	0.37	11
Pria milk product	125	73	4.02	3.79	5.73	2
Selection of Bread Products incl. Rye Bread (5 Types)	15	38	1.41	0.50	6.12	1;2;3
Liver Pâté Spread	50	58	6.37	2.88	1.58	2
Snacks: apple and turnip	150	53	0.90	0.49	12.90	
	Total :	797	39.83	32.56	86.27	
Vegetable Casserole	280	336	19.61	11.68	39.21	10;2;3

Weekly average :	757	34.28	28.25	89.86
10 day average :	751	34.28	26.00	93.36

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