

School Lunch Weekly Menu 21.09.2026 - 25.09.2026

Grupp

4–9 klass

Monday, 21.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Beef Bourguignon	150	106	8.71	5.27	5.89	9
Steamed Cauliflower	60	14	1.06	0.13	3.04	
Baked Potatoes with Herbs	60	65	1.60	0.38	14.20	
Pearl Couscous	60	89	3.07	0.78	17.50	1
Turnip & Apple Salad	60	30	0.45	0.18	7.25	
Carrot & Cauliflower Salad	60	31	0.43	0.41	5.80	
Chinese Cabbage Salad with Dill	60	12	0.78	0.37	0.91	
Dressing Selection for Salads	5	28	0.06	3.05	0.10	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 :	716	29.64	23.41	94.82	
Buckwheat with Vegetables (Vegan)	280	298	10.01	4.13	56.77	
Béchamel Sauce (White Sauce)	60	125	1.77	10.87	4.98	1;2

Tuesday, 22.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Broccoli & Cheese Patties	50	66	3.87	2.15	8.24	2;3
Cottage Cheese & Beetroot Sauce	100	86	8.46	4.07	3.91	2;3
Baked Turnip Sticks	60	24	0.69	0.51	5.04	
Steamed Buckwheat	60	71	2.50	0.72	13.92	
Boiled Barley	60	68	1.74	0.42	14.87	1
Chinese Cabbage Salad with Fresh Cucumber	60	11	0.67	0.35	0.89	
Pumpkin Salad with Cranberries	60	26	0.42	0.40	5.59	
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	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: apple and white Radish	150	42	0.90	0.35	10.04	
	Total :	718	31.41	25.52	92.13	
Mushroom Stew	150	90	2.94	5.79	6.90	1;2

Wednesday, 23.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chicken Pizza	250	485	24.61	18.35	55.70	2
Spicy Tomato Sauce	100	45	2.11	0.20	8.56	
Roasted Celeriac	60	26	1.19	0.50	5.08	9
Beetroot & Garlic Salad	60	29	0.99	0.42	5.34	
Colorful Red Cabbage Salad	60	29	0.60	0.42	5.78	
White Radish & Cucumber Salad	60	8	0.54	0.04	1.59	
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)	20	51	1.88	0.67	8.16	1;2;3
Snacks: plums and turnip	150	55	1.27	0.67	12.53	
	Total :	835	38.05	28.28	108.90	
Vegetable Stir-Fry	150	52	1.93	1.16	8.39	
Spicy Tomato Sauce	100	45	2.11	0.20	8.56	
Steamed Rice	50	64	1.26	0.44	13.65	
Mashed Potatoes	50	50	1.37	0.45	10.50	2

Thursday, 24.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Fish Pasta	280	335	19.83	5.86	50.12	1;4
Roasted Beetroot with Herbs	60	34	1.15	0.44	6.26	
Cucumber & Zucchini Salad with Herbs	60	11	0.61	0.36	1.30	
Turnip, Celery & Apple Salad	60	29	0.51	0.17	6.99	9
Chinese Cabbage Salad with Dill	60	12	0.78	0.37	0.91	
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
Fish Spread	40	54	5.75	3.29	0.40	2;4
Snacks: apple and kohlrabi	150	48	0.53	0.42	11.92	
	Total :	757	38.72	19.59	104.45	
Sweet Potato & Bean Pot	150	131	4.89	1.39	26.50	
Cold Yogurt & Cucumber Sauce	60	24	1.50	1.08	2.07	2
Steamed Rice	50	64	1.26	0.44	13.65	
Baked Potatoes with Herbs	50	54	1.33	0.32	11.83	

Friday, 25.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Turkey Shish	50	75	13.89	1.97	0.40	
Greek Tomato Sauce	100	29	1.06	0.62	4.69	
Steamed Peas & Corn	60	53	2.59	0.37	10.80	
Cooked Pasta	60	85	2.50	0.56	17.16	1
Boiled Green Lentils	60	95	6.50	0.45	14.13	
Sauerkraut Salad with Onion	60	18	0.59	0.42	2.66	
Beetroot Salad with Leek	60	28	0.97	0.42	5.14	
Cabbage & Carrot Salad	60	23	0.58	0.42	4.40	
Dressing Selection for Salads	13	73	0.16	7.93	0.26	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)	20	51	1.88	0.67	8.16	1;2;3
Pork Spread	40	48	6.72	2.17	0.42	2
Snacks: banana and cucumber	150	85	1.42	0.22	19.28	
	Total :	754	43.68	21.40	93.60	
Vegetable Stew with Chickpeas	280	203	8.32	2.54	34.25	

Weekly average :	756	36.3	23.64	98.78
10 day average :	757	35.29	25.95	94.32

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