

School Lunch Weekly Menu 28.09.2026 - 02.10.2026

Grupp

4–9 klass

Monday, 28.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Hungarian-Style Chicken Pot	150	87	10.90	1.07	8.75	
Steamed Broccoli	60	20	2.02	0.22	3.53	
Steamed Buckwheat	60	71	2.50	0.72	13.92	
Steamed Potatoes	60	62	1.60	0.08	14.20	
Beetroot Salad with Caraway Seeds	60	29	0.96	0.42	5.22	
Carrot Salad with Peas	60	25	0.50	0.43	3.98	
Chinese Cabbage Salad with Corn	60	19	0.91	0.43	2.63	
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
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 turnip	150	53	0.90	0.49	12.90	
	Total :	708	33.15	22.35	93.31	
Couscous with Vegetables	280	354	12.60	4.27	67.18	1
Cold Sour Cream Sauce	100	105	3.06	8.61	3.96	2

Tuesday, 29.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Beetroot & Curd Cheese Cutlet	50	49	4.07	0.70	6.68	1;2;3
Cold Yogurt Dressing	100	53	3.22	2.45	4.44	2
Roasted Pumpkin Cubes	60	21	0.72	0.39	4.32	
Baked Potatoes with Herbs	60	65	1.60	0.38	14.20	
Boiled Green Lentils	60	95	6.50	0.45	14.13	
White Radish Salad with Herbs	60	12	0.63	0.37	2.07	
Cabbage Salad with Pumpkin	60	16	0.62	0.40	3.15	
Turnip Salad with Oranges	60	25	0.64	0.44	5.32	
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: pear and kohlrabi	150	50	0.68	0.45	12.45	
	Total :	700	30.21	22.21	94.32	
Vegetable Curry with Beans	150	157	6.15	7.13	18.43	2

Wednesday, 30.September	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Crispy Fish in Rice Flour Crust	50	74	11.90	1.14	3.97	3;4
Béchamel Sauce (White Sauce)	100	208	2.94	18.12	8.30	1;2
Steamed Green Beans	60	17	1.07	0.06	4.03	
Steamed Rice	60	77	1.51	0.53	16.38	
Pearl Couscous	60	89	3.07	0.78	17.50	1
Carrot & Leek Salad	60	22	0.49	0.44	3.26	
White Radish Salad with Herbs	60	12	0.63	0.37	2.07	
Pumpkin Salad with Raisins	60	21	0.52	0.08	5.02	
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)	25	64	2.35	0.84	10.20	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 :	830	37.98	37.25	85.88	
Cauliflower & Lentil Pilaf	280	347	15.13	3.23	65.58	

Thursday, 1.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chicken & Potato Dish	280	187	14.04	1.77	28.61	
Roasted Carrot	60	29	0.52	0.46	4.62	
Turnip Salad with Oranges	60	25	0.64	0.44	5.32	
Beetroot & Garlic Salad	60	29	0.99	0.42	5.34	
Iceberg Lettuce Salad with Cucumber	60	11	0.49	0.35	1.16	
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
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
Liver Pâté Spread	40	46	5.10	2.30	1.26	2
Snacks: banana and carrot	150	102	1.35	0.37	22.43	
	Total :	772	35.99	24.60	96.92	
Carrot Loaf	50	69	2.19	3.36	6.76	1;2;3
Cottage Cheese & Beetroot Sauce	100	86	8.46	4.07	3.91	2;3
Steamed Potatoes	50	52	1.33	0.07	11.83	
Boiled Barley	50	57	1.45	0.35	12.39	1

Friday, 2.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Oven-roasted Ribs	50	74	6.43	4.76	1.45	
Tomato Sauce	100	33	1.32	0.64	5.65	
Roasted Celeriac	60	26	1.19	0.50	5.08	9
Baked Potatoes with Herbs	60	65	1.60	0.38	14.20	
Steamed Rice	60	77	1.51	0.53	16.38	
Chinese Cabbage Salad with Dill	60	12	0.78	0.37	0.91	
Turnip Salad	60	28	0.57	0.17	6.86	
Carrot & Leek Salad	60	22	0.49	0.44	3.26	
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
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 :	719	27.65	26.63	92.01	
Potato & Cauliflower Bake	280	303	14.40	15.27	28.77	1;2

Weekly average :	746	33	26.61	92.49
10 day average :	751	34.65	25.13	95.64

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