

School Lunch Weekly Menu 05.10.2026 - 09.10.2026

Grupp

4-9 Klass

Monday, 5.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Oriental-style Chicken Thigh Meat	150	133	16.11	3.05	10.54	1;7
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	
Colorful Red Cabbage Salad	60	29	0.60	0.42	5.78	
Beetroot Salad	60	26	0.96	0.12	5.22	
Carrot Salad	60	20	0.34	0.11	3.57	
Dressing Selection for Salads	15	85	0.19	9.15	0.31	10;2
Mixed Seeds	5	28	1.34	2.31	0.62	11
PRIA: milk, kefir, yogurt, cottage cheese, curd	125	84	6.83	3.94	5.34	2
Selection of Bread Products incl. Rye Bread (5 Types)	35	90	3.29	1.17	14.27	1;2;3
Snacks: banana and cucumber	150	85	1.42	0.22	19.28	
	Total :	733	37.20	21.51	96.58	
Chinese Noodle Dish with Vegetables	280	262	10.31	4.62	45.35	1;3;7
Cold Yogurt Dressing	100	53	3.22	2.45	4.44	2

Tuesday, 6.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chickpea Pilaf	280	373	13.35	3.28	67.06	
Roasted Brussels Sprouts	60	21	2.10	0.60	2.64	
Pumpkin & Cranberry Salad	60	26	0.44	0.41	5.76	
Iceberg Lettuce Salad with Cucumber	60	11	0.49	0.35	1.16	
Beetroot Salad with Yogurt	60	26	1.06	0.26	4.95	2
Dressing Selection for Salads	9	51	0.11	5.49	0.18	10;2
Mixed Seeds	10	56	2.68	4.62	1.24	11
PRIA: milk, kefir, yogurt, cottage cheese, curd	125	84	6.83	3.94	5.34	2
Selection of Bread Products incl. Rye Bread (5 Types)	15	38	1.41	0.50	6.12	1;2;3
Snacks: apple and cabbage	150	48	0.97	0.42	11.47	
	Total :	736	29.44	19.85	105.92	
Millet & Carrot Patty	50	49	2.13	0.90	7.87	1;2;3
Tomato Sauce	100	30	0.95	0.72	4.92	
Mashed Potatoes	50	50	1.37	0.45	10.50	2
Boiled Turmeric Rice	50	64	1.26	0.44	13.65	

Wednesday, 7.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
French-style Pork	50	119	10.87	8.12	0.78	2
Cream & Mustard Sauce	100	137	2.23	11.21	6.83	1;10;2
Steamed Green Beans	60	17	1.07	0.06	4.03	
Baked Potatoes with Herbs	60	65	1.60	0.38	14.20	
Steamed Rice	60	77	1.51	0.53	16.38	
Beetroot Salad	60	26	0.96	0.12	5.22	
Leek Salad with Sour Cream	60	30	0.63	1.36	3.71	2
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, kefir, yogurt, cottage cheese, curd	125	84	6.83	3.94	5.34	2
Selection of Bread Products incl. Rye Bread (5 Types)	50	128	4.70	1.67	20.39	1;2;3
Snacks: pear and pumpkin	150	47	0.90	0.38	11.55	
	Total :	775	32.77	31.36	90.93	
Whole Grain Rice Pot with Lentils & Vegetables	280	285	11.32	3.09	52.77	

Thursday, 8.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Braised Turkey	50	75	13.83	1.95	0.30	
Creamy Cheese Sauce	100	175	3.77	15.00	6.30	2
Steamed Corn	60	62	1.90	0.49	13.04	
Cooked Pasta	60	85	2.50	0.56	17.16	1
Steamed Potatoes	60	62	1.60	0.08	14.20	
Chinese Cabbage Salad with Corn	60	19	0.91	0.43	2.63	
Carrot & Cauliflower Salad	60	31	0.43	0.41	5.80	
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, kefir, yogurt, cottage cheese, curd	125	84	6.83	3.94	5.34	2
Selection of Bread Products incl. Rye Bread (5 Types)	30	77	2.82	1.00	12.23	1;2;3
Pork Spread	40	48	6.72	2.17	0.42	2
Snacks: apple and turnip	150	53	0.90	0.49	12.90	
	Total :	826	43.57	29.82	95.77	
Burrito with Cheese, Beans, Tomato & Leek	280	473	17.33	12.21	20.03	1;2

Friday, 9.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Moroccan Fish Pot	150	104	11.84	3.39	6.91	4
Roasted Beetroot with Herbs	60	34	1.15	0.44	6.26	
Steamed Potatoes	60	62	1.60	0.08	14.20	
Pearl Couscous	60	89	3.07	0.78	17.50	1
Turnip & Apple Salad	60	30	0.45	0.18	7.25	
Cabbage Salad with Tomato	60	16	0.61	0.43	2.94	
Carrot Salad with Zucchini	60	20	0.49	0.42	2.89	
Dressing Selection for Salads	14	79	0.18	8.54	0.28	10;2
Mixed Seeds	5	28	1.34	2.31	0.62	11
PRIA: milk, kefir, yogurt, cottage cheese, curd	125	84	6.83	3.94	5.34	2
Selection of Bread Products incl. Rye Bread (5 Types)	50	128	4.70	1.67	20.39	1;2;3
Fish Spread	40	66	6.58	4.26	0.44	2;4
Snacks: plums and carrot	150	56	0.97	0.60	11.25	
	Total :	796	39.81	27.04	96.27	
Vegetable Lasagna	280	533	27.74	13.27	77.71	1;2;3
Lemon & Yogurt Dressing	100	49	3.05	2.33	4.12	2

Weekly average :	773	36.56	25.92	97.09
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

School Lunch Weekly Menu 12.10.2026 - 16.10.2026

Theme Days: Vietnam

Grupp

4–9 Klass

Monday, 12.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Coconut Chicken Curry with Lemongrass	150	149	11.23	7.76	11.70	4
Roasted Carrot	60	29	0.52	0.46	4.62	
Steamed Rice	60	77	1.51	0.53	16.38	
Steamed Potatoes	60	62	1.60	0.08	14.20	
Beetroot & Garlic Salad	60	29	0.99	0.42	5.34	
Sauerkraut Salad with Onion	60	18	0.59	0.42	2.66	
Turnip Salad	60	28	0.57	0.17	6.86	
Dressing Selection for Salads	15	85	0.19	9.15	0.31	10;2
Mixed Seeds	5	28	1.34	2.31	0.62	11
PRIA: milk, kefir, yogurt, cottage cheese, curd	125	84	6.83	3.94	5.34	2
Selection of Bread Products incl. Rye Bread (5 Types)	40	103	3.76	1.34	16.31	1;2;3
Snacks: apple and pumpkin	150	45	0.75	0.35	11.02	
	Total :	736	29.88	26.93	95.36	
Coconut Vegetable Curry	150	119	3.37	6.58	11.88	1;7
Yogurt & Curry Dressing	100	51	3.10	2.41	4.17	2

Tuesday, 13.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Carrot Cutlet with Sesame Seeds	50	83	2.48	3.38	10.21	1;11;2;3
Thai Yogurt & Garam Masala Dressing	100	20	1.32	0.62	2.10	2
Roasted Celeriac	60	26	1.19	0.50	5.08	9
Mashed Potatoes	60	61	1.64	0.54	12.60	2
Steamed Buckwheat	60	71	2.50	0.72	13.92	
Cabbage Salad with Lime and Herbs	60	18	0.75	0.12	3.29	4
Asian carrot salad	60	53	0.93	2.72	5.38	1;11;7
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	30	169	8.02	13.86	3.72	11
PRIA: milk, kefir, yogurt, cottage cheese, curd	125	84	6.83	3.94	5.34	2
Selection of Bread Products incl. Rye Bread (5 Types)	40	103	3.76	1.34	16.31	1;2;3
Snacks: pear and carrot	150	56	0.75	0.45	12.15	
	Total :	767	30.75	30.06	91.75	
Eggplant with Vegetables in Ginger-Garlic Sauce	150	53	1.67	1.06	9.41	1;7;9

Wednesday, 14.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Lemongrass Chicken	50	76	12.38	2.50	0.81	1;4;7
Spicy Tomato Sauce	100	45	2.11	0.20	8.56	
Roasted Pumpkin Cubes	60	21	0.72	0.39	4.32	
Pearl Couscous	60	89	3.07	0.78	17.50	1
Boiled Green Lentils	60	95	6.50	0.45	14.13	
Carrot Salad with Sesame Seeds	60	48	1.37	2.92	3.12	11
Asian-Style Red Cabbage Salad	60	23	0.78	0.43	4.01	
Beetroot Salad	60	26	0.96	0.12	5.22	
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, kefir, yogurt, cottage cheese, curd	125	84	6.83	3.94	5.34	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: apple and white Radish	150	42	0.90	0.35	10.04	
	Total :	807	46.89	24.46	95.52	
Chickpea & Mango Curry with Coconut Milk (Vegan)	150	208	8.08	9.84	17.47	

Thursday, 15.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Vietnamese-style Beef Stew	150	115	9.11	5.45	6.84	1;4;7
Roasted Brussels Sprouts	60	21	2.10	0.60	2.64	
Steamed Potatoes	50	52	1.33	0.07	11.83	
Cooked Pasta	50	71	2.08	0.47	14.30	1
Cabbage Salad with Pumpkin	60	16	0.62	0.40	3.15	
Colorful Red Cabbage Salad	60	29	0.60	0.42	5.78	
Cucumber Salad with Carrot, Lime and Herbs	60	13	0.63	0.05	2.04	4
Dressing Selection for Salads	3	17	0.04	1.83	0.06	10;2
Mixed Seeds	25	141	6.69	11.55	3.10	11
PRIA: milk, kefir, yogurt, cottage cheese, curd	125	84	6.83	3.94	5.34	2
Selection of Bread Products incl. Rye Bread (5 Types)	50	128	4.70	1.67	20.39	1;2;3
Snacks: plums and cucumber	150	40	1.04	0.45	8.10	
	Total :	728	35.77	26.90	83.57	
Tofu and Vegetable Stew with Ginger and Garlic	150	60	2.40	8.58	14.60	1;7;9
Béchamel Sauce (White Sauce)	100	208	2.94	18.12	8.30	1;2

Friday, 16.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Lemongrass and Lime Fish	50	72	10.78	2.74	0.92	1;4;7
Lemon & Yogurt Dressing	100	49	3.05	2.33	4.12	2
Steamed Green Peas	60	44	3.28	0.25	8.57	
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
Carrot Salad with Cranberries	60	32	0.32	0.46	6.00	
Sesame-Cabbage salad with Ginger	60	36	0.95	2.03	3.20	1;11;7
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, kefir, yogurt, cottage cheese, curd	125	84	6.83	3.94	5.34	2
Selection of Bread Products incl. Rye Bread (5 Types)	40	103	3.76	1.34	16.31	1;2;3
Salmon Spread	40	102	7.97	7.61	0.52	2;4
Snacks: apple and turnip	150	53	0.90	0.49	12.90	
	Total :	817	44.70	30.52	91.57	
Rice Noodles with Vegetables and Beans	280	327	7.31	7.37	56.32	1;11;7

Weekly average :	771	37.6	27.77	91.55
10 day average :	772	37.08	26.85	94.32

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School

Canteen Manager

School Lunch Weekly Menu 19.10.2026 - 23.10.2026

Grupp

4-9 Klass

Monday, 19.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Macaroni with Minced Beef	280	378	18.63	5.34	62.75	1
Roasted Celeriac	60	26	1.19	0.50	5.08	9
Cabbage Salad with Bell Pepper	60	15	0.67	0.13	3.05	
Turnip Salad with Oranges	60	25	0.64	0.44	5.32	
Beetroot Salad with Caraway Seeds	60	29	0.96	0.42	5.22	
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, kefir, yogurt, cottage cheese, curd	125	84	6.83	3.94	5.34	2
Selection of Bread Products incl. Rye Bread (5 Types)	25	64	2.35	0.84	10.20	1;2;3
Snacks: banana and cucumber	150	85	1.42	0.22	19.28	
Total :	739	33.53	15.05	116.67		
Vegetable Stew	280	256	7.75	10.73	30.08	2
Cold Sour Cream Sauce	100	105	3.06	8.61	3.96	2
Steamed Potatoes	50	52	1.33	0.07	11.83	
Cooked Pasta	50	71	2.08	0.47	14.30	1

Tuesday, 20.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Curd & Potato Cutlet	50	65	2.94	0.93	11.54	1;2;3
Cream & Mustard Sauce	100	137	2.23	11.21	6.83	1;10;2
Steamed Green Beans	60	17	1.07	0.06	4.03	
Boiled Green Lentils	60	95	6.50	0.45	14.13	
Boiled Turmeric Rice	60	77	1.51	0.53	16.38	
Pumpkin & Turnip Salad	60	27	0.50	0.40	6.04	
Red Cabbage & Paprika Salad	60	20	0.96	0.42	3.18	1;7
Carrot & Cauliflower Salad	60	31	0.43	0.41	5.80	
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, kefir, yogurt, cottage cheese, curd	125	84	6.83	3.94	5.34	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 :	742	28.47	23.40	102.91		
Pasta with Beetroot Cream	280	400	16.80	7.75	64.69	1;2

Wednesday, 21.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Oven-baked Chicken Shish	50	88	14.36	2.91	1.10	
Tomato Sauce	100	30	0.95	0.72	4.92	
Roasted Carrot	60	29	0.52	0.46	4.62	
Baked Potatoes with Herbs	60	65	1.60	0.38	14.20	
Boiled Quinoa	60	83	3.17	1.58	14.42	
Sauerkraut Salad	60	17	0.62	0.42	2.49	
White Radish, Fresh Cabbage & Carrot Salad	60	17	0.54	0.40	2.89	
Beetroot Salad	60	26	0.96	0.12	5.22	
Dressing Selection for Salads	12	68	0.15	7.32	0.24	10;2
Mixed Seeds	10	56	2.68	4.62	1.24	11
PRIA: milk, kefir, yogurt, cottage cheese, curd	125	84	6.83	3.94	5.34	2
Selection of Bread Products incl. Rye Bread (5 Types)	50	128	4.70	1.67	20.39	1;2;3
Snacks: pear and zucchini	150	46	1.35	0.45	10.35	
Total :	737	38.43	24.99	87.42		
Sweet & Sour Rice Noodles with Vegetables	280	267	5.79	2.42	53.89	1;7

Thursday, 22.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Fish Stew	150	89	11.36	2.59	5.16	4
Steamed Peas & Corn	60	53	2.59	0.37	10.80	
Steamed Rice	60	77	1.51	0.53	16.38	
Mashed Potatoes	60	61	1.64	0.54	12.60	2
White Radish Salad with Herbs	60	12	0.63	0.37	2.07	
Pumpkin Salad with Redcurrants	60	28	0.51	0.41	6.00	
Iceberg Lettuce Salad with Cucumber	60	11	0.49	0.35	1.16	
Dressing Selection for Salads	15	85	0.19	9.15	0.31	10;2
Mixed Seeds	3	17	0.80	1.39	0.37	11
PRIA: milk, kefir, yogurt, cottage cheese, curd	125	84	6.83	3.94	5.34	2
Selection of Bread Products incl. Rye Bread (5 Types)	50	128	4.70	1.67	20.39	1;2;3
Fish Spread	40	66	6.58	4.26	0.44	2;4
Snacks: apple and carrot	150	55	0.60	0.42	11.62	
Total :	764	38.43	25.99	92.64		
Risotto with Mushrooms	280	291	7.03	2.66	59.78	
Lemon & Yogurt Dressing	100	49	3.05	2.33	4.12	2

Friday, 23.October	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Lemon & Garlic Wings	80	173	20.58	10.02	0.28	
Curry Sauce	100	61	2.69	2.35	7.39	1;2
Roasted Brussels Sprouts	60	21	2.10	0.60	2.64	
Pearl Couscous	60	89	3.07	0.78	17.50	1
Steamed Buckwheat	60	71	2.50	0.72	13.92	
Carrot Salad with Apple	60	25	0.29	0.45	4.45	
Chinese Cabbage Salad with Dill	60	12	0.78	0.37	0.91	
Turnip & Apple Salad	60	30	0.45	0.18	7.25	
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, kefir, yogurt, cottage cheese, curd	125	84	6.83	3.94	5.34	2
Selection of Bread Products incl. Rye Bread (5 Types)	30	77	2.82	1.00	12.23	1;2;3
Pork Spread	40	48	6.72	2.17	0.42	2
Snacks: orange and kohlrabi	150	51	1.20	0.23	12.15	
Total :	774	50.87	26.03	84.91		
Rice & Vegetable Patty	50	42	1.21	0.68	7.79	3

Weekly average :	751	37.95	23.09	96.91
10 day average :	761	37.78	25.43	94.23

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School

Canteen Manager