School Lunch Weekly Menu 02.11.2026 - 06.11.2026

Grupp

4–9 klass

Monday, 2.November	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Baked Chicken Thigh in Herb Marinade	50	144	14.27	9.37	0.65	
Béchamel Sauce (White Sauce)	100	208	2.94	18.12	8.30	1;2
Steamed Corn	60	62	1.90	0.49	13.04	
Steamed Rice	60	77	1.51	0.53	16.38	
Steamed Potatoes	60	62	1.60	0.08	14.20	
Sauerkraut Salad with Onion	60	18	0.59	0.42	2.66	
Turnip & Raisin Salad	60	30	0.62	0.47	6.60	
Colorful Red Cabbage Salad	60	29	0.60	0.42	5.78	
Dressing Selection for Salads	2	11	0.03	1.22	0.04	10;2
Mixed Seeds	3	17	0.80	1.39	0.37	11
PRIA: milk, kefir, yogurt, cottage cheese, curd	100	67	5.46	3.15	4.28	2
Selection of Bread Products incl. Rye Bread (5 Types)	15	38	1.41	0.50	6.12	1;2;3
Snacks: banana and carrot	150	102	1.35	0.37	22.43	
	Total :	866	33.08	36.53	100.85	
Pilaf with Vegetables	280	334	7.51	2.54	69.31	

Tuesday, 3.November	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Green ratatouille	150	100	6.49	0.56	16.59	9
Cold Yogurt Dressing	100	53	3.22	2.45	4.44	2
Steamed Cauliflower	60	14	1.06	0.13	3.04	
Baked Potatoes with Herbs	60	65	1.60	0.38	14.20	
Boiled Green Lentils	60	95	6.50	0.45	14.13	
Creamy Carrot Salad	60	22	0.67	0.40	3.19	2
Beetroot & Garlic Salad	60	29	0.99	0.42	5.34	
Chinese Cabbage Salad with Corn	60	19	0.91	0.43	2.63	
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)	40	103	3.76	1.34	16.31	1;2;3
Snacks: apple and red Cabbage	150	50	1.35	0.42	11.47	
	Total :	734	34.37	21.46	97.36	
Vegetable Ragout	280	135	4.39	1.95	26.57	

Wednesday, 4.November	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Meatloaf with Herbs and Garlic	50	90	10.41	3.71	3.52	1;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	
Cooked Pasta	60	85	2.50	0.56	17.16	1
Steamed Potatoes	60	62	1.60	0.08	14.20	
White Radish Salad with Herbs	60	12	0.63	0.37	2.07	
Leek Salad with Sour Cream	60	30	0.63	1.36	3.71	2
Sauerkraut & Beetroot Salad	60	19	0.74	0.42	3.06	
Dressing Selection for Salads	2	11	0.03	1.22	0.04	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 turnip	150	55	1.05	0.52	13.43	
	Total :	748	33.22	26.51	94.15	
Pasta with Red Beans & Zucchini	280	409	16.34	4.24	76.79	1

Thursday, 5.November	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Salmon Pasta	280	385	21.06	22.78	23.87	1;2;4
Baked Turnip Sticks	60	24	0.69	0.51	5.04	
Chinese Cabbage Salad with Dill	60	12	0.78	0.37	0.91	
Pumpkin Salad with Cranberries	60	26	0.42	0.40	5.59	
Carrot & Cauliflower Salad	60	31	0.43	0.41	5.80	
Dressing Selection for Salads	2	11	0.03	1.22	0.04	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
Salmon Spread	30	76	5.98	5.71	0.39	2;4
Snacks: apple and cucumber	150	38	0.67	0.27	8.47	
	Total :	780	40.51	38.00	68.05	
Carrot Cutlet	50	78	2.27	2.80	10.47	1;2;3
Cold Sour Cream Sauce	100	105	3.06	8.61	3.96	2
Pearl Couscous	50	74	2.56	0.65	14.58	1
Boiled Quinoa	50	69	2.64	1.31	12.02	

Friday, 6.November	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Roast Turkey with Mustard	50	78	13.94	2.20	0.34	10
Cream Sauce with Parsley	100	129	1.97	10.63	6.38	1;2
Roasted Celeriac	60	26	1.19	0.50	5.08	9
Mashed Potatoes & Pumpkin	60	42	1.27	0.61	8.18	2
Steamed Buckwheat	60	71	2.50	0.72	13.92	
Beetroot Salad with Caraway Seeds	60	29	0.96	0.42	5.22	
Chinese Cabbage Salad with Corn	60	19	0.91	0.43	2.63	
White Radish & Carrot Salad	60	16	0.47	0.09	3.06	
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 cabbage	150	50	1.12	0.45	12.00	
	Total :	703	36.70	24.88	82.97	
Rice Noodles with Broccoli & Pea Pesto	280	311	9.21	5.17	58.24	8

Weekly average :	**766**	**35.58**	**29.48**	**88.68**
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