School Lunch Weekly Menu 09.11.2026 - 13.11.2026

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Monday, 9.November	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Mexican Minced Beef Pot	150	159	11.65	3.72	21.20	
Steamed Broccoli	60	20	2.02	0.22	3.53	
Pearl Couscous	60	89	3.07	0.78	17.50	1
Steamed Potatoes	60	62	1.60	0.08	14.20	
Carrot & Leek Salad	60	22	0.49	0.44	3.26	
White Radish & Cucumber Salad	60	8	0.54	0.04	1.59	
Sauerkraut Salad	60	17	0.62	0.42	2.49	
Dressing Selection for Salads	15	85	0.19	9.15	0.31	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)	35	90	3.29	1.17	14.27	1;2;3
Snacks: apple and turnip	150	53	0.90	0.49	12.90	
	Total :	744	33.88	25.07	97.83	
Spinach Risotto	280	377	18.54	11.61	50.29	2
Curry Sauce	100	61	2.69	2.35	7.39	1;2

Tuesday, 10.November	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Pasta with Beetroot Cream (Vegan)	280	388	11.43	7.93	66.39	1
Roasted Pumpkin Cubes	60	21	0.72	0.39	4.32	
Chinese Cabbage Salad with Corn	60	19	0.91	0.43	2.63	
Turnip Salad with Oranges	60	25	0.64	0.44	5.32	
Beetroot Salad	60	26	0.96	0.12	5.22	
Dressing Selection for Salads	3	17	0.04	1.83	0.06	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: pear and carrot	150	56	0.75	0.45	12.15	
	Total :	730	26.37	20.65	108.79	
Vegetable & Cottage Cheese Patty	50	54	4.01	1.66	5.68	1;2;3
Cold Sour Cream Sauce	100	105	3.06	8.61	3.96	2
Boiled Quinoa	50	69	2.64	1.31	12.02	
Steamed Buckwheat	50	59	2.08	0.60	11.60	

Wednesday, 11.November	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Baked White Fish Fillet	60	71	16.12	0.50	0.28	4
Cream Sauce with Dill	100	130	1.98	10.63	6.80	1;2
Baked Turnip Sticks	60	24	0.69	0.51	5.04	
Mashed Potatoes	60	61	1.64	0.54	12.60	2
Steamed Rice	60	77	1.51	0.53	16.38	
Beetroot Salad with Yogurt	60	26	1.06	0.26	4.95	2
Cabbage & Tomato Salad	60	16	0.62	0.43	2.90	
Turnip, Celery & Apple Salad	60	29	0.51	0.17	6.99	9
Dressing Selection for Salads	9	51	0.11	5.49	0.18	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: orange and white Radish	150	44	1.57	0.16	10.27	
	Total :	758	38.14	26.22	92.49	
Chickpea & Carrot Curry	150	106	5.34	1.54	15.04	

Thursday, 12.November	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Minced Beef Burrito	250	475	27.64	12.82	26.09	1;2
Steamed Green Beans	60	17	1.07	0.06	4.03	
Turnip Salad	60	28	0.57	0.17	6.86	
Carrot Salad with Peas	60	25	0.50	0.43	3.98	
Cabbage Salad with Dill	60	17	0.67	0.43	3.17	
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 cabbage	150	96	1.72	0.37	22.28	
	Total :	791	39.87	20.54	77.22	
Pumpkin, Sweet Potato & Tofu Curry (Vegan)	150	103	2.70	4.67	23.12	
Greek Tomato Sauce	100	29	1.06	0.62	4.69	
Steamed Potatoes	50	52	1.33	0.07	11.83	
Cooked Pasta	50	71	2.08	0.47	14.30	1

Friday, 13.November	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Chicken Pilaf	280	336	16.94	2.43	60.58	
Steamed Green Peas	60	44	3.28	0.25	8.57	
Cabbage Salad with Bell Pepper	60	15	0.67	0.13	3.05	
Beetroot & Garlic Salad	60	29	0.99	0.42	5.34	
Carrot Salad with Cranberries	60	32	0.32	0.46	6.00	
Dressing Selection for Salads	15	85	0.19	9.15	0.31	10;2
Mixed Seeds	7	39	1.87	3.23	0.87	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 pumpkin	150	45	0.75	0.35	11.02	
	Total :	747	33.25	20.86	107.20	
Asian-style Chickpea Stew with Coconut Milk (Vegan)	150	183	6.73	8.35	16.19	
Cottage Cheese Salad with Fresh Cucumber	100	82	8.51	4.26	2.30	2
Steamed Rice	50	64	1.26	0.44	13.65	
Boiled Green Lentils	50	79	5.42	0.38	11.78	

Weekly average :	**754**	**34.3**	**22.67**	**96.71**
10 day average :	**760**	**34.94**	**26.08**	**92.70**

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