School Lunch Weekly Menu 16.11.2026 - 20.11.2026

Themed Day: Latvian Independence Day

Grupp

4–9 klass

Monday, 16.November	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Spaghetti with Minced Beef	280	360	26.82	15.14	28.79	1;2
Roasted Brussels Sprouts	60	21	2.10	0.60	2.64	
Pumpkin & Turnip Salad	60	27	0.50	0.40	6.04	
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	
Dressing Selection for Salads	7	39	0.09	4.27	0.14	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 cucumber	150	39	0.82	0.30	9.00	
	Total :	763	44.53	28.56	80.56	
Root Vegetable & Pea Pot	150	64	2.96	1.09	10.87	
Lemon & Yogurt Dressing	100	49	3.05	2.33	4.12	2
Steamed Buckwheat	50	59	2.08	0.60	11.60	
Steamed Potatoes	50	52	1.33	0.07	11.83	

Tuesday, 17.November	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Vegetable Curry with Chickpeas	150	156	5.25	8.71	11.21	
Roasted Celeriac	60	26	1.19	0.50	5.08	9
Mashed Potatoes & Cauliflower	60	39	1.50	0.71	7.17	2
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
Beetroot & Cucumber Salad	60	25	0.85	0.40	4.34	
White Radish Salad with Herbs	60	12	0.63	0.37	2.07	
Dressing Selection for Salads	4	23	0.05	2.44	0.08	10;2
Mixed Seeds	15	85	4.01	6.93	1.86	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: apple and kohlrabi	150	48	0.53	0.42	11.92	
	Total :	768	33.41	29.46	86.71	
Potato & Cauliflower Bake	280	303	14.40	15.27	28.77	1;2
Creamy Cheese Sauce	100	175	3.77	15.00	6.30	2

Wednesday, 18.November	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Latvian-style chicken with apples and onions	150	150	18.34	6.16	5.85	
Steamed Cauliflower	60	14	1.06	0.13	3.04	
Boiled Turmeric Rice	60	77	1.51	0.53	16.38	
Steamed Buckwheat	60	71	2.50	0.72	13.92	
Chinese Cabbage Salad with Fresh Cucumber	60	11	0.67	0.35	0.89	
Turnip & Apple Salad	60	30	0.45	0.18	7.25	
Carrot Salad with Peas	60	25	0.50	0.43	3.98	
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)	30	77	2.82	1.00	12.23	1;2;3
Snacks: banana and carrot	150	102	1.35	0.37	22.43	
	Total :	747	37.55	24.66	92.21	
Veggie Burger with Beetroot & Chickpea Cutlet	280	215	8.79	4.87	33.03	1;2
Thai Yogurt & Garam Masala Dressing	100	20	1.32	0.62	2.10	2

Thursday, 19.November	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Moqueca / Brazilian Fish Stew	150	150	12.76	8.81	4.45	4
Roasted Pumpkin Cubes	60	21	0.72	0.39	4.32	
Cooked Pasta	60	85	2.50	0.56	17.16	1
Baked Potatoes with Herbs	60	65	1.60	0.38	14.20	
Sauerkraut Salad	60	17	0.62	0.42	2.49	
Carrot & Leek Salad	60	22	0.49	0.44	3.26	
Cabbage Salad with Dill	60	17	0.67	0.43	3.17	
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)	50	128	4.70	1.67	20.39	1;2;3
Salmon Spread	30	76	5.98	5.71	0.39	2;4
Snacks: apple and turnip	150	53	0.90	0.49	12.90	
	Total :	774	39.17	28.60	88.79	
Vegetable & Chickpea Curry	150	145	5.66	6.79	13.48	
Cream Sauce with Dill	100	130	1.98	10.63	6.80	1;2

Friday, 20.November	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Lemon & Garlic Wings	80	173	20.58	10.02	0.28	
Tomato Sauce	100	33	1.32	0.64	5.65	
Roasted Carrot	60	29	0.52	0.46	4.62	
Steamed Potatoes	60	62	1.60	0.08	14.20	
Pearl Couscous	60	89	3.07	0.78	17.50	1
Beetroot & Garlic Salad	60	29	0.99	0.42	5.34	
White Radish, Fresh Cabbage & Carrot Salad	60	17	0.54	0.40	2.89	
Turnip Salad with Oranges	60	25	0.64	0.44	5.32	
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: pear and cabbage	150	50	1.12	0.45	12.00	
	Total :	787	42.82	26.18	94.08	
Vegetable & Lentil Paella	280	266	8.91	3.05	51.10	

Weekly average :	**768**	**39.5**	**27.49**	**88.47**
10 day average :	**761**	**36.90**	**25.08**	**92.59**

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