School Lunch Weekly Menu 23.11.2026 - 27.11.2026

Grupp

4–9 klass

Monday, 23.November	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Tomato Chicken & Rice Pot	280	371	17.06	11.46	50.68	2
Steamed Cauliflower	60	14	1.06	0.13	3.04	
Carrot Salad with Cranberries	60	32	0.32	0.46	6.00	
Turnip Salad	60	28	0.57	0.17	6.86	
Cabbage Salad with Pumpkin	60	16	0.62	0.40	3.15	
Dressing Selection for Salads	2	11	0.03	1.22	0.04	10;2
Mixed Seeds	13	73	3.48	6.01	1.61	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 :	774	34.16	25.45	103.89	
Cauliflower & Chickpea Curry	150	193	5.58	13.31	10.99	2
Curry Sauce	100	61	2.69	2.35	7.39	1;2
Cooked Pasta	50	71	2.08	0.47	14.30	1
Steamed Potatoes	50	52	1.33	0.07	11.83	

Tuesday, 24.November	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Pumpkin Purée Pasta Dish with Broccoli	280	273	8.98	8.38	41.16	1;2
Steamed Corn	60	62	1.90	0.49	13.04	
Turnip & Apple Salad	60	30	0.45	0.18	7.25	
Red Cabbage Salad	60	29	0.92	0.42	5.82	
White Radish & Cucumber Salad	60	8	0.54	0.04	1.59	
Dressing Selection for Salads	2	11	0.03	1.22	0.04	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)	35	90	3.29	1.17	14.27	1;2;3
Snacks: pear and pumpkin	150	47	0.90	0.38	11.55	
	Total :	717	27.85	23.15	101.92	
Eggplant Stew with Vegetables	150	45	1.57	1.01	8.11	
Cottage cheese sauce	100	125	10.56	8.00	2.85	2
Steamed Buckwheat	50	59	2.08	0.60	11.60	
Boiled millet	50	53	1.86	0.51	10.24	

Wednesday, 25.November	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Beef meatballs in tomato sauce	150	170	17.26	6.47	10.71	1;3
Roasted Pumpkin Cubes	60	21	0.72	0.39	4.32	
Boiled Green Lentils	50	79	5.42	0.38	11.78	
Steamed Rice	50	64	1.26	0.44	13.65	
Beetroot Salad with Caraway Seeds	60	29	0.96	0.42	5.22	
Sauerkraut Salad with Onion	60	18	0.59	0.42	2.66	
Turnip Salad with Oranges	60	25	0.64	0.44	5.32	
Dressing Selection for Salads	2	11	0.03	1.22	0.04	10;2
Mixed Seeds	19	107	5.08	8.78	2.36	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 white Radish	150	42	0.90	0.35	10.04	
	Total :	778	44.39	24.92	91.83	
Carrot Loaf	50	69	2.19	3.36	6.76	1;2;3
Cold Sour Cream Sauce	100	105	3.06	8.61	3.96	2

Thursday, 26.November	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Pulled Pork	50	136	12.45	9.59	0.14	
Spicy Tomato Sauce	100	45	2.11	0.20	8.56	
Steamed Green Beans	60	17	1.07	0.06	4.03	
Baked Potatoes with Herbs	60	65	1.60	0.38	14.20	
Steamed Buckwheat	60	71	2.50	0.72	13.92	
Chinese Cabbage Salad with Dill	60	12	0.78	0.37	0.91	
Carrot Salad	60	20	0.34	0.11	3.57	
Beetroot Salad with Oil	60	29	0.96	0.42	5.22	
Dressing Selection for Salads	11	62	0.14	6.71	0.22	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)	45	115	4.23	1.50	18.35	1;2;3
Snacks: banana and cucumber	150	85	1.42	0.22	19.28	
	Total :	757	35.23	25.61	94.11	
Beetroot Risotto	280	377	14.59	8.98	59.61	2

Friday, 27.November	Amount, g	Kcal	Valgud,g	Fats, g	Carbohydrates, g	Allergens
Baked White Fish Fillet	60	94	14.76	3.79	0.06	4
Cold Yogurt Dressing	100	53	3.22	2.45	4.44	2
Roasted Celeriac	60	26	1.19	0.50	5.08	9
Boiled Turmeric Rice	60	77	1.51	0.53	16.38	
Mashed Potatoes & Carrots	60	42	1.20	0.71	7.47	2
White Radish Salad with Herbs	60	12	0.63	0.37	2.07	
Beetroot Salad with Yogurt	60	26	1.06	0.26	4.95	2
Cabbage & Carrot Salad	60	23	0.58	0.42	4.40	
Dressing Selection for Salads	15	85	0.19	9.15	0.31	10;2
Mixed Seeds	9	51	2.41	4.16	1.12	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 carrot	150	55	0.60	0.42	11.62	
	Total :	754	38.88	28.37	83.63	
Azu with Potatoes (Vegan)	280	216	9.22	2.09	41.61	

Weekly average :	**756**	**36.1**	**25.5**	**95.08**
10 day average :	**762**	**37.80**	**26.50**	**91.78**

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