

MENU FOR DAYCARE

Heart Symbol meal = lunches are introduced on 21.5.2018. You can recognize Heart Symbol meals this symbol



week 11-12	BREAKFAST	BREAKFAST	BREAKFAST
mon 11.3	OATMEAL PORRIDGE (M) boiled egg, juice bread	SAUSAGE SAUCE (M) potato salad	BREAKFAST CEREAL (M) + BERRY SOUP (M, G) cheese bread
tue 12.3	SEMOLINA PORRIDGE cucumber bread	CHICKEN AND PASTA CASSEROLE (L, G) SALAD blackcurrant jam	BERRY SOUP(M, G) home made cheese (L, G) rye bread
wed 13.3	CACAO (G) bread roll, cheese, carrot (under 3 years old:porridge)	MEAT SOUP (M, G) rye bread, cheese bell pepper	 SRAWBERRY PORRIDGE (M) cold cuts rye bread
thu 14.3	BARLEY PORRIDGE tomato bread	MIFU CASSEROLE (L, G) salad	KARELIAN PASTRY (L) butter with eggs (M, G) grapes
fri 15.3	RYE PORRIDGE (M) cheese, bell pepper bread	FISH (M, G) potato, sauce (L G) salad	BANANA YOGHOURT (G) cucumber bread
mon 18.3	WHEAT PORRIDGE (M) boiled egg, juice bread	MEAT SAUCE (M, G) potato salad	CARROT-POTATO BREAD (M) cheese orange
tue 19.3	RICE PORRIDGE cucumber bread	VEGETABLE SOUP (L, G) karelian pasrty (L) cheese, cucumber	 WAFFLE (L) + JAM apple
fri 20.3	CACAO (G) bread roll, cold cuts carrot (under 3 years old:porridge)	FISH (L, G) potato salad	FRUIT QUARK (L, G) cucumber bread
wed 21.3	SEMOLINA PORRIDGE tomato bread	GROUND MEAT AND PASTA CASSEROLE (L) salad	 FRUIT SOUP (M, G) cheese bread
fri 22.3	PORRIDGE WITH FOUR CEREALS (M) cheese, cucumber bread	CHICKEN BALLS (M) potato, sauce (L, G) ground carrot	VEGETABLES (M, G) + creme (L, G) cheese rye bread

Snack time can under 3 years old get spoon food and lunch time can pasta/rice be replaced with potatoes, Breakfast, there is mashed fruits or jam with porridge.

PV

Main course markings: Lactose-free = L, low-lactose = LL, no milk protein = M (if there is M is also L and LL), gluten-free = G

PÄIVÄHOIDON RUOKALISTA



2019

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week 13-14	BREAKFAST	BREAKFAST	BREAKFAST
mon 25.3	OATMEAL PORRIDGE (M) boiled egg, juice bread	REGIONAL FOOD (M, G) salad beetroot	RYE BREAD (M) cheese apple
tue 26.3	SEMOLINA PORRIDGE cucumber bread	HAMBURGER BEEF (M, G) potato, sauce (L, G) salad	FRUIT SOUP (M, G) cheese bread
wed 27.3	CACAO (G) bread roll, cheese, carrot (under 3 years old:porridge)	CHICKEN SAUCE (L, G) potato salad	YOGHOURT (L, G) mashed fruits rye bread
thu 28.3	RYE PORRIDGE (M) cheese, tomato bread	LASAGNE(L) ground carrot	LINGONBERRY PORRIDGE (M) liver sausage bread
fri 29.3	BARLEY PORRIDGE bell pepper bread	FISH SOUP (L, G) apple bread	WHEAT BREAD (M) home made cheese (L, G) banana
mon 1.4	WHEAT PORRIDGE (M) boiled egg, juice bread	GROUND MEAT SAUCE (M) potato salad	BREAKFAST CEREAL (M) + STRAWBERRY SOUP (M,G) cheese bread
tue 2.4	RICE PORRIDGE bell pepper bread	SAUSAGE (M, G) mashed potatoes (L, G) salad	KARELIAN PASTRY (L) cheese mandarin
wed 3.4	CACAO (G) bread roll, cold cuts carrot (under 3 years old:porridge)	PASTA AND VEGETABLE CASSEROLE (L) salad	QUARK (L, G) cucumber rye bread
thu 4.4	SEMOLINA PORRIDGE cucumber bread	CHICKEN SOUP (L, G) rye bread cucumber	GROUND MEAT PIZZA (L) + APPLE JUICE rutabaga (under 3 years old:porridge)
fri 5.4	PORRIDGE WITH FOUR CEREALS (M) cheese, tomato bread	FISH (M,) potato, sauce (L, G) ground carrot	CACAO (G) cold cuts, bell pepper bread roll

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week15-16	BREAKFAST	BREAKFAST	BREAKFAST
mon 8.4	OATMEAL PORRIDGE (M) butter with eggs (L,G), juice bread	CHICKEN SAUCE (L, G) potato ground carrot	RYE BREAD (M) cheese pear
ti tue	SEMOLINA PORRIDGE cucumber bread	FISH AND POTATO CASSEROLE (L, G) salad	STRAWBERRY SOUP (M, G) cold cuts rye bread
wed 10.4	CACAO (G) bread roll, cheese, carrot (under 3 years old:porridge)	CARROT BEEF (M, G) potato, sauce (G) salad	FRUITS (M, G) home made cheese (L, G) bread
thu 11.4	BARLEY PORRIDGE bell pepper bread	SAUSAGE SAUCE (M) potato salad	CHOCOLATE SOUP (L, G) tomato bread
fri 12.4	RYE PORRIDGE (M) cheese, cucumberr bread	PEA SOUP (under 3 years old:ground meat soup) M,G bread, cheese cucumber	VANILLA YOGHOURT (G) bell pepper rye bread
mon 15.4	WHEAT PORRIDGE (M) boiled egg, juice bread	MEAT SAUCE (M) potato salad	WHEAT BREAD (M) cheese orange
tue 16.4	RICE PORRIDGE cucumber bread	FISH SOUP (L, G) carrot bread	BLUEBERRY PORRIDGE (M) cheese bread
wed 17.4	CACAO (G) bread roll, cold cuts carrot (under 3 years old:porridge)	SPINACH PANCAKE potato, sauce (G) cheese salad, lingonberry	STRAWBERRY QUARK (L, G) cucumber bread
thu 18.4	PORRIDGE WITH FOUR CEREALS (M) cheese, cucumber bread	CHICKEN AND CURRYSAUSE riz salad, jam	MEAT PASTY (M) cucumber salad, water melon (under 3 years old:porridge)
fri 19.4		Good Friday	

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