

MENU FOR DAYCARE

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



week 17-18	BREAKFAST	BREAKFAST	BREAKFAST
mon 22.4		EASTER	
tue 23.4	OATMEAL PORRIDGE (M) boiled egg, juice bread	CHICKEN SAUCE (L, G) rice salad	BREAKFAST CEREAL (M) + BERRY SOUP (M, G) cheese bread
wed 24.4	CACAO (G) bread roll, cheese, carrot (under 3 years old:porridge)	GROUND MEAT SOUP(M, G) cheese, bell pepper bread	 STRAWBERRY PORRIDGE (M) cold cuts rye bread
thu 25.4	BARLEY PORRIDGE tomato bread	KEBAB AND POTATO CASSEROLE (L, G) salad	KARELIAN PASTRY (L) butter with eggs (M, G) grapes
fri 26.4	RYE PORRIDGE (M) cheese, bell pepper bread	FISH (M,) potato, sauce (L, G) ground carrot, cucumber	BANANA YOGHOURT (G) cucumber bread
mon 29.4	WHEAT PORRIDGE (M) boiled egg, juice bread	MEAT SAUCE (M, G) potato salad	CARROT-POTATO BREAD (M) cheese orange
tue 30.4	RICE PORRIDGE cucumber bread	SAUSAGES potatos with crème (L, G) salad	DOUGHNUT (M) apple juice
wed 1.5		 MAY DAY 	
thu 2.5	SEMOLINA PORRIDGE tomato bread	VEGETABLE SOUP (L, G) karelian pasrty (L) cheese, cucumber	MEAT PASTY (M) cucumber salad apple
fri 3.5	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

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week 19-20	BREAKFAST	BREAKFAST	BREAKFAST
mon 6.5	OATMEAL PORRIDGE (M) boiled egg, juice bread	REGIONAL FOOD (M, G) salad beetroot	RYE BREAD (M) cheese apple
tue 7.5	SEMOLINA PORRIDGE cucumber bread	HAMBURGER BEEF (M, G) potato, sauce (L, G) salad	FRUIT SOUP (M, G) cheese bread
wed 8.5	CACAO (G) bread roll, cheese, carrot (under 3 years old:porridge)	CHICKEN SAUCE (L, G) potato salad, jam	YOGHOURT (L, G) mashed fruits rye bread
thu 9.5	RYE PORRIDGE (M) cheese, tomato bread	PASTA AND VEGETABLE CASSEROLE (L) ground carrot	LINGONBERRY PORRIDGE (M) liver sausage bread
fri 10.5	BARLEY PORRIDGE cheese, bell pepper bread roll	FISH SOUP (L, G) apple rye bread	WHEAT BREAD (M) home made cheese (L, G) banana
mon 13.5	WHEAT PORRIDGE (M) boiled egg, juice bread	GROUND MEAT SAUCE (M) potato salad	BREAKFAST CEREAL (M) + STRAWBERRY SOUP (M,G) cheese bread
tue 14.5	RICE PORRIDGE bell pepper bread	SAUSAGE (M, G) mashed potatoes (G) salad	KARELIAN PASTRY (L) cheese mandarin
fri 15.5	CACAO (G) bread roll, cold cuts carrot (under 3 years old:porridge)	MIFU CHEESE AND PASTA CASSEROLE (L) salad	BLUEBERRY QUARK (L, G) cucumber rye bread
thu 16.5	SEMOLINA PORRIDGE cucumber bread	CHICKEN SOUP (L, G) bread roll cucumber	GROUND MEAT PIZZA (L) + APPLE JUICE rutabaga (under 3 years old:porridge)
fri 17.5	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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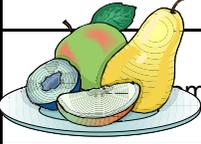
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week 21-22	BREAKFAST	BREAKFAST	BREAKFAST
mon 20.5	OATMEAL PORRIDGE (M) butter with eggs (L,G), juice bread	CHICKEN SAUCE (L, G) potato ground carrot, jam	RYE BREAD (M) cheese pear
tue 21.5	SEMOLINA PORRIDGE cucumber bread	FISH AND POTATO CASSEROLE (L, G) vegetables, beetroot	STRAWBERRY SOUP (M, G) cold cuts rye bread
wed 22.5	CACAO (G) bread roll, cheese, carrot (under 3 years old:porridge)	CARROT BEEF (M, G) potato, sauce (L,G) salad	 FRUITS (M, G) me made cheese (L, G) bread
thu 23.5	BARLEY PORRIDGE bell pepper bread	SAUSAGE SAUCE (M) potato salad	CHOCOLATE SOUP (L, G) tomato bread
fri 24.5	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 27.5	WHEAT PORRIDGE (M) boiled egg, juice bread	MEAT SAUCE (M) potato salad	WHEAT BREAD (M) cheese orange
tue 28.5	RICE PORRIDGE cucumber bread	CHICKEN AND POTATO CASSEROLE (L, G) ground carrot	MEAT PASTY (M) cucumber salad, apple (under 3 years old:porridge)
wed 29.5	CACAO (G) bread roll, cold cuts carrot (under 3 years old:porridge)	FISH SOUP (L, G) rye bread	BLACKCURRANT PORRIDGE (M) cheese bread
thu 30.5		ASCENSION DAY	
fri 31.5	SEMOLINA PORRIDGE cucumber bread	SPINACH PANCAKE potato, sauce (G) cheese salad, lingonberry jam	CACAO (G) cold cuts, bell pepper bread roll

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