

## MENU FOR DAYCARE

2019

You can recognize Heart Symbol meals this symbol



vk 23 - 24	BREAKFAST	BREAKFAST	BREAKFAST
mon 3.6	<b>OATMEAL PORRIDGE (M)</b> boiled egg, juice bread	<b>SAUSAGE SAUCE (M)</b> potato salad	<b>BREAKFAST CEREAL (M) + BERRY SOUP (M, G)</b> cheese bread
tue 4.6	<b>SEMOLINA PORRIDGE</b> cucumber bread	<b>CHICKEN AND PASTA CASSEROLE (L, G)</b> SALAD blackcurrant jam	<b>BERRY SOUP (M, G)</b> home made cheese (L, G) rye bread
wed 5.6	<b>CACAO (G)</b> bread roll, cheese, carrot (under 3 years old: porridge)	<b>MEAT SOUP (M, G)</b> rye bread, cheese bell pepper	<b>STRAWBERRY PORRIDGE (M)</b> cold cuts rye bread
thu 6.6	<b>BARLEY PORRIDGE</b> tomato bread	<b>GROUND MEAT AND POTATO CASSEROLE (L, G)</b> salad	<b>KARELIAN PASTRY (L)</b> butter with eggs (M, G) grapes
fri 7.6	<b>RYE PORRIDGE (M)</b> cheese, bell pepper bread	<b>FISH (M, G)</b> potato, sauce (L, G) salad	<b>BANANA YOGHOURT (G)</b> cucumber bread
mon 10.6	<b>WHEAT PORRIDGE (M)</b> boiled egg, juice bread	<b>MEAT SAUCE (M, G)</b> potato salad	<b>CARROT-POTATO BREAD (M)</b> cheese orange
tue 11.6	<b>RICE PORRIDGE</b> cucumber bread	<b>VEGETABLE SOUP (L, G)</b> karelian pasrty (L) cheese, cucumber	<b>WAFFLE (L) + JAM</b> apple
wed 12.6	<b>CACAO (G)</b> bread roll, cold cuts carrot (under 3 years old: porridge)	<b>FISH (L, G)</b> potato salad	<b>FRUIT QUARK (L, G)</b> cucumber bread
thu 13.6	<b>SEMOLINA PORRIDGE</b> tomato bread	<b>GROUND MEAT AND PASTA CASSEROLE (L)</b> salad	<b>FRUIT SOUP (M, G)</b> cheese bread
fri 14.6	<b>PORRIDGE WITH FOUR CEREALS (M)</b> cheese, cucumber bread	<b>CHICKEN BALLS (M)</b> potato, sauce (L, G) ground carrot	<b>VEGETABLES (M, G) + creme (L, G)</b> 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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vk 25 - 26	BREAKFAST	BREAKFAST	BREAKFAST
mon 17.6	<b>OATMEAL PORRIDGE (M)</b> boiled egg, juice bread	<b>REGIONAL FOOD ( M, G )</b> salad beetroot	<b>CARROT-POTATO BREAD (M)</b> cheese apple
tue 18.6	<b>SEMOLINA PORRIDGE</b> cucumber bread	<b>FISH (M, G)</b> potato, sauce (L G) salad	<b>FRUIT SOUP (M, G)</b> cheese bread
wed 19.6	<b>CACAO (G)</b> bread roll, cheese, carrot (under 3 years old:porridge)	<b>CHICKEN SAUCE (L, G)</b> potato salad	<b>YOGHOURT (L, G)</b> mashed fruits rye bread
thu 20.6	<b>RYE PORRIDGE (M)</b> cheese, tomato bread	<b>LASAGNE( L )</b> ground carrot	<b>WHEAT BREAD (M)</b> home made cheese (L, G) banana
fri 21.6	<b>MIDSUMMER</b>		
ma 24.6	<b>WHEAT PORRIDGE (M)</b> boiled egg, juice bread	<b>GROUND MEAT SAUCE (M)</b> potato salad	<b>BREAKFAST CEREAL (M) + STRAWBERRY SOUP (M,G)</b> cheese bread
ti 25.6	<b>RICE PORRIDGE</b> bell pepper bread	<b>SAUSAGE (M, G)</b> mashed potatoes (L, G) salad	<b>KARELIAN PASTRY (L)</b> cheese mandarin
ke 26.6	<b>CACAO (G)</b> bread roll, cold cuts carrot (under 3 years old:porridge)	<b>GROUND MEAT AND MASHED POTATOES CASSEROLE (L,G)</b> salad	<b>QUARK (L, G)</b> cucumber rye bread
to 27.6	<b>SEMOLINA PORRIDGE</b> cucumber bread	<b>CHICKEN SOUP (L, G)</b> rye bread cucumber	<b>GROUND MEAT PIZZA (L) + APPLE JUICE</b> rutabaga (under 3 years old:porridge)
pe 28.6	<b>PORRIDGE WITH FOUR CEREALS (M)</b> cheese, tomato bread	<b>FISH (M,)</b> potato, sauce (L, G) ground carrot	<b>CACAO (G)</b> cold cuts, bell pepper bread roll

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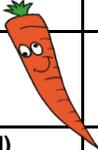
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vk 27 - 28	BREAKFAST	BREAKFAST	BREAKFAST
mon 1.7	<b>OATMEAL PORRIDGE (M)</b> butter with eggs (L,G), juice bread	<b>CHICKEN SAUCE (L, G)</b> potato ground carrot	<b>RYE BREAD (M)</b> cheese pear
tue 2.7	<b>SEMOLINA PORRIDGE</b> cucumber bread	<b>FISH AND POTATO CASSEROLE (L, G)</b> salad	<b>STRAWBERRY SOUP (M, G)</b> cold cuts rye bread
wed 3.7	<b>CACAO (G)</b> bread roll, cheese, carrot (under 3 years old:porridge)	<b>MEAT BALLS (M)</b> potato, sauce (L, G) salad	<b>FRUITS (M, G)</b> home made cheese (L, G) bread 
thu 4.7	<b>BARLEY PORRIDGE</b> bell pepper bread	<b>SAUSAGE SAUCE (M)</b> potato salad	<b>CHOCOLATE SOUP (L, G)</b> tomato bread
fri 5.7	<b>RYE PORRIDGE (M)</b> cheese, cucumberr bread	<b>GROUND MEAT SOUP ( M, G )</b> bread, cheese cucumber	<b>VANILLA YOGHOURT (G)</b> bell pepper rye bread
mon 8.7	<b>WHEAT PORRIDGE (M)</b> boiled egg, juice bread	<b>MEAT SAUCE (M)</b> potato salad	<b>WHEAT BREAD (M)</b> cheese orange
tue 9.7	<b>RICE PORRIDGE</b> cucumber bread	<b>FISH SOUP (L, G)</b> carrot bread	<b>BLUEBERRY PORRIDGE (M)</b> cheese bread
wed 10.7	<b>CACAO (G)</b> bread roll, cold cuts carrot (under 3 years old:porridge) 	<b>SPINACH PANCAKE</b> potato, sauce ( G ) cheese salad, lingonberry jam	<b>STRAWBERRY QUARK (L, G)</b> cucumber bread 
thu 11.7	<b>PORRIDGE WITH FOUR CEREALS (M)</b> cheese, cucumber bread	<b>KAHDEN KALAN KEITTO ( L, G )</b> kukkakaali, ruisruutu	<b>MEAT PASTY (M)</b> cucumber salad, water melon (under 3 years old:porridge) 
fri 12.7	<b>SEMOLINA PORRIDGE</b> cucumber bread	<b>PASTA CASSEROLE (M)</b> ground cheese salad	<b>CACAO (G)</b> cheese, bell pepper bread

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