

MENU FOR DAYCARE

2019

You can recognize Heart Symbol meals this symbol



week 35 - 36	BREAKFAST	LUNCH	SNACK
mon 26.8	OATMEAL PORRIDGE (M) boiled egg, juice bread	SAUSAGE SAUCE (M) potato salad	BREAKFAST CEREAL (M) + BERRY SOUP (M, G) cheese bread
tue 27.8	SEMOLINA PORRIDGE cucumber bread	CHICKEN AND PASTA CASSEROLE (M) salad blackcurrant jam	BERRY SOUP(M, G) home made cheese (L, G) rye bread
wed 28.8	CACAO (G) bread roll, cheese, carrot (under 3 years old:porridge)	MEAT SOUP (M, G) bread, cheese bell pepper	 STRAWBERRY PORRIDGE (M) cold cuts rye bread
thu 29.8	BARLEY PORRIDGE tomato bread	GROUND MEAT CASSEROLE (L, G) salad	KARELIAN PASTRY (L) butter with eggs (M, G) grapes
fri 30.8	RYE PORRIDGE (M) cheese, bell pepper bread	FISH (M, G) potato, sauce (L G) ground carrot	BANANA YOGHOURT (G) cucumber bread
mon 2.syys	WHEAT PORRIDGE (M) boiled egg, juice bread	MEAT SAUCE (M, G) potato salad	CARROT-POTATO BREAD (M) cheese orange
tue 3.9	RICE PORRIDGE cucumber bread	VEGETABLE SOUP (L, G) karelian pasrty (L) cheese, cucumber	 WAFFLE (L) + JAM apple
wed 4.9	CACAO (G) bread roll, cold cuts carrot (under 3 years old:porridge)	FISH (L, G) potato salad	FRUIT QUARK (L, G) cucumber bread
thu 5.9	SEMOLINA PORRIDGE tomato bread	GROUND MEAT AND PASTA CASSEROLE (L) salad	 FRUIT SOUP (M, G) cheese bread
fri 6.9	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.

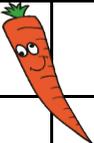
Main course markings: Lactose-free = L, low-lactose = LL, no milk protein = M (if there is M is also L and LL), gluten-free = G

MENU FOR DAYCARE

2019

You can recognize Heart Symbol meals this symbol



week 37 - 38	BREAKFAST	LUNCH	SNACK
mon 9.9	OATMEAL PORRIDGE (M) butter with eggs (L, G), juice bread	REGIONAL FOOD (M, G) salad beetroot	RYE BREAD (M) cheese apple
tue 10.9	SEMOLINA PORRIDGE cucumber bread	CARROT BEEF (M, G) potato, sauce (L, G) salad	 FRUIT SOUP (M, G) cheese bread
wed 11.9	CACAO (G) bread roll, cold cuts, carrot (under 3 years old:porridge)	 CHICKEN SAUCE (M, G) potato salad, jam	YOGHOURT (L, G) mashed fruits rye bread
thu 12.9	RYE PORRIDGE (M) cheese, tomato bread	LASAGNE(L) ground carrot	LINGONBERRY PORRIDGE (M) liver sausage bread
fri 13.9	BARLEY PORRIDGE bell pepper bread	FISH SOUP (L, G) apple bread	WHEAT BREAD (M) home made cheese (L, G) banana
mon 16.9	WHEAT PORRIDGE (M) boiled egg, juice bread	VEGETABLE SAUCE (M, G) pasta salad	BREAKFAST CEREAL (M) + STRAWBERRY SOUP (M,G) cheese bread
tue 17.9	RICE PORRIDGE bell pepper bread	SAUSAGE (M, G) potato, sauce (L, G) salad	KARELIAN PASTRY (L) cheese mandarin
wed 18.9	CACAO (G) bread roll, cheese carrot (under 3 years old:porridge)	HAM AND POTATO CASSELORE (L, G) salad	BERRY QUARK (L, G) cucumber rye bread
thu 19.9	SEMOLINA PORRIDGE cucumber bread	CHICKEN SOUP (L, G) bread roll cucumber	GROUND MEAT PIZZA (L) + APPLE JUICE rutabaga (under 3 years old:porridge)
fri 20.9	PORRIDGE WITH FOUR CEREALS (M) cheese, tomato bread	FISH (M,.) potato, sauce (L, G) ground carrot	CACAO (G) cold cuts, bell pepper bread roll

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.

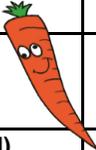
Main course markings: Lactose-free = L, low-lactose = LL, no milk protein = M (if there is M is also L and LL), gluten-free = G

MENU FOR DAYCARE

2019

You can recognize Heart Symbol meals this symbol



week 39 - 40	BREAKFAST	LUNCH	SNACK
mon 23.9	OATMEAL PORRIDGE (M) butter with eggs (L,G), juice bread	CHICKEN SAUCE (L, G) potato ground carrot, jam	RYE BREAD (M) cheese pear
tue 24.9	SEMOLINA PORRIDGE cucumber bread	FISH AND POTATO CASSEROLE (L, G) salad beetroot	STRAWBERRY SOUP (M, G) cold cuts rye bread
wed 25.9	CACAO (G) bread roll, cheese, carrot (under 3 years old:porridge)	MEAT BALLS (M) potato, sauce salad	FRUITS (M, G) home made cheese (L, G) bread 
thu 26.9	BARLEY PORRIDGE bell pepper bread	SAUSAGE SAUCE (M) potato salad	CHOCOLATE SOUP (L, G) tomato bread
fri 27.9	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 30.9	WHEAT PORRIDGE (M) boiled egg, juice bread	MEAT SAUCE (M) potato salad	WHEAT BREAD (M) cheese orange
tue 1.10	RICE PORRIDGE cucumber bread	CHICKEN AND RIZ CASSEROLE (L, G) ground carrot, jam	BLUEBERRY PORRIDGE (M) cheese bread
wed 2.10	CACAO (G) bread roll, cold cuts carrot (under 3 years old:porridge) 	SPINACH PANCAKE (L) potato, sauce (L, G) cheese salad, lingonberry	STRAWBERRY QUARK (L, G) cucumber bread 
thu 3.10	PORRIDGE WITH FOUR CEREALS (M) cheese,tomato bread	FISH SOUP (L, G) rutabaga rye bread	MEAT PASTY (M) cucumber salad, water melon (under 3 years old:porridge) 
fri 4.10	SEMOLINA PORRIDGE cucumber bread	PASTA CASSEROLE (M) cheese salad	CACAO (G) cheese, bell pepper bread roll

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.

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