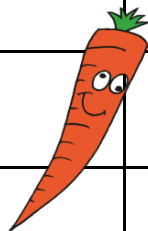


MENU FOR DAYCARE

You can recognize Heart Symbol meals this symbol



week 41 - 42	BREAKFAST	LUNCH	SNACK
mon 7.10	OATMEAL PORRIDGE (M) boiled egg, juice bread	SAUSAGE SAUCE (M) potato salad	BREAKFAST CEREAL (M) + BERRY SOUP (M, G) cheese bread
tue 8.10	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 9.10	CACAO (G) bread roll, cheese, carrot (under 3 years old: porridge)	GROUND MEAT SOUP (M, G) rye bread, cheese bell pepper	STRAWBERRY PORRIDGE (M) cold cuts rye bread
thu 10.10	BARLEY PORRIDGE tomato bread	KEBAB AND POTATO CASSEROLE (L, G) salad	KARELIAN PASTRY (L) butter with eggs (M, G) grapes
fri 11.10	RYE PORRIDGE (M) cheese, bell pepper bread	FISH (M, G) potato, sauce (L, G) ground carrot, cucumber	BANANA YOGHOURT (G) cucumber bread
mon 14.10	WHEAT PORRIDGE (M) boiled egg, juice bread	MEAT SAUCE (M, G) potato salad	CARROT-POTATO BREAD (M) cheese orange
tue 15.10	RICE PORRIDGE cucumber bread	CHICKEN BALLS (M) potato, sauce (L, G) ground carrot	WAFFLE (L) + JAM apple
wed 16.10	CACAO (G) bread roll, cold cuts carrot (under 3 years old: porridge)	NEIGHBOURHOOD LUNCH CARROT BEEF (M, G) Säkylä, sauce (L, G) Sipoo potato Eurajoki/pohjanmaa, salad Jalasjärvi	FRUIT QUARK (L, G) cucumber bread
thu 17.10	SEMOLINA PORRIDGE tomato bread	GROUND MEAT AND PASTA CASSEROLE (L) salad	FRUIT SOUP (M, G) cheese bread
fri 18.10	PORRIDGE WITH FOUR CEREALS (M) cheese, cucumber bread	FISH SOUP (L, G) rye bread apple	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

MENU FOR DAYCARE

You can recognize Heart Symbol meals this symbol



week 43 - 44	BREAKFAST	LUNCH	SNACK
mon 21.10	OATMEAL PORRIDGE (M) butter with eggs, juice bread	CHICKEN SAUCE (L, G) potato salad, jam	RYE BREAD (M) cheese apple
tue 22.10	SEMOLINA PORRIDGE cucumber bread	HAMBURGER BEEF (M, G) potato, sauce (L, G) salad	FRUIT SOUP (M, G) cheese bread
wed 23.10	CACAO (G) bread roll, cheese, carrot (under 3 years old:porridge)	SAUSAGE SOUP (M, G) bread, bell pepper waffle (L) + jam	YOGHOURT (L, G) mashed fruits rye bread
thu 24.10	RYE PORRIDGE (M) cheese, tomato bread	GROUND MEAT AND MASHED POTATOES CASSEROLE (L,G) ground carrot	LINGONBERRY PORRIDGE (M) liver sausage bread
fri 25.10	BARLEY PORRIDGE bell pepper bread	VEGETABLE SOUP (L, G) karelian pasrty (L) cheese, cucumber	WHEAT BREAD (M) home made cheese (L, G) banana
mon 28.10	WHEAT PORRIDGE (M) boiled egg, juice bread	GROUND MEAT SAUCE (M) potato salad	BREAKFAST CEREAL (M) + STRAWBERRY SOUP (M,G) cheese bread
tue 29.10	RICE PORRIDGE bell pepper bread	SAUSAGE (M, G) mashed potatoes (L, G) salad	KARELIAN PASTRY (L) cheese orange
wed 30.10	CACAO (G) bread roll, cold cuts carrot (under 3 years old:porridge)	MIFU AND PASTA CASSEROLE (L, G) salad	BLUEBERRY QUARK (L, G) cucumber rye bread
thu 31.10	SEMOLINA PORRIDGE cucumber bread	CHICKEN SOUP (L, G) bread roll cucumber	GROUND MEAT PIZZA (L) + APPLE JUICE rutabaga (under 3 years old:porridge)
fri 1.11	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.


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

MENU FOR DAYCARE

You can recognize Heart Symbol meals this symbol



vk 45 - 46	BREAKFAST	LUNCH	SNACK
mon 4.11	OATMEAL PORRIDGE (M) butter with eggs (L,G), juice bread	CHICKEN SAUCE (L, G) potato ground carrot, jam	RYE BREAD (M) cheese pear
tue 5.11	SEMOLINA PORRIDGE cucumber bread	FISH AND POTATO CASSEROLE (L, G) vegetables, beetroot	STRAWBERRY SOUP (M, G) cold cuts rye bread
wed 6.11	CACAO (G) bread roll, cheese, carrot (under 3 years old:porridge)	MEAT BALLS (M) potato, sauce (L, G) salad	 FRUITS (M, G) home made cheese (L, G) bread
thu 7.11	BARLEY PORRIDGE bell pepper bread	SAUSAGE SAUCE (M) potato salad	CHOCOLATE SOUP (L, G) tomato bread
pe fri	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 11.11	WHEAT PORRIDGE (M) boiled egg, juice bread	MEAT SAUCE (M) potato salad	WHEAT BREAD (M) cheese orange
tue 12.11	RICE PORRIDGE cucumber bread	CHICKEN AND POTATO CASSEROLE (L, G) ground carrot	BLACKCURRANT PORRIDGE (M) cold cuts bread
wed 13.11	CACAO (G) bread roll, cold cuts carrot (under 3 years old:porridge)	SPINACH PANCAKE potato, sauce (G) cheese salad, lingonberry jam	STRAWBERRY QUARK (L, G) cucumber bread
thu 14.11	PORRIDGE WITH FOUR CEREALS (M) cheese, cucumber bread	FISH SOUP (L, G) rye bread carrot	MEAT PASTY (M) cucumber salad, water melon (under 3 years old:porridge)
fri 15.11	SEMOLINA PORRIDGE cucumber bread	PASTA CASSEROLE (M) ground 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.

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