

## MENU FOR DAYCARE

2019

You can recognize Heart Symbol meals this symbol



week 47-48	BREAKFAST	LUNCH	SNACK
mon 18.11	<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 19.11	<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 20.11	<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 21.11	<b>BARLEY PORRIDGE</b> tomato bread	<b>KEBAB AND POTATO CASSEROLE (L, G)</b> salad	<b>KARELIAN PASTRY (L)</b> butter with eggs (M, G) grapes
fri 22.11	<b>RYE PORRIDGE (M)</b> cheese, bell pepper bread	<b>FISH (M, G)</b> potato, sauce (L, G) ground carrot, cucumber	<b>BANANA YOGHOURT (G)</b> cucumber bread
mon 25.11	<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 26.11	<b>RICE PORRIDGE</b> cucumber bread	<b>CHICKEN BALLS (M)</b> potato, sauce (L, G) ground carrot	<b>FRUIT SOUP (M, G)</b> cheese bread
wed 27.11	<b>CACAO (G)</b> bread roll, cold cuts carrot (under 3 years old: porridge)	<b>FISH (M, G)</b> potato salad	<b>FRUIT QUARK (L, G)</b> cucumber bread
thu 28.11	<b>SEMOLINA PORRIDGE</b> tomato bread	<b>GROUND MEAT AND PASTA CASSEROLE (L)</b> salad	<b>WAFFLE (L) + JAM</b> apple
fri 29.11	<b>PORRIDGE WITH FOUR CEREALS (M)</b> + sugar + cinnamon cold cuts, cucumber, bread	<b>CHICKEN AND POTATO CASSEROLE (L, G)</b> ground carrot biscuit	<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

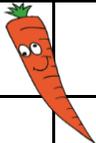
Main course markings: Lactose-free = L, low-lactose = LL, no milk protein = M (if there is M is also L and LL), gluten-free = G

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week 49-50	BREAKFAST	LUNCH	SNACK
mon 2.12	<b>OATMEAL PORRIDGE (M)</b> butter with eggs, juice bread	<b>REGIONAL FOOD ( M, G )</b> salad, beetroot	<b>RYE BREAD (M)</b> cheese apple 
tue 3.12	<b>SEMOLINA PORRIDGE</b> cucumber bread	<b>CARROT BEEF (M,G)</b> potato, sauce( L, G ) salad	<b>FRUIT SOUP (M, G)</b> cheese bread
wed 4.12	<b>CACAO (G)</b> bread roll, cheese, carrot (under 3 years old:porridge) 	<b>CHICKEN SAUCE (L, G)</b> potato salad, jam	<b>YOGHOURT (L, G)</b> mashed fruits rye bread
thu 5.12	<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 6.12	 <b>INDEPENDENCE DAY</b>		
mon 9.12	<b>WHEAT PORRIDGE (M)</b> boiled egg, juice bread	<b>VEGETABLE SAUCE</b> pasta salad	<b>BREAKFAST CEREAL (M) + STRAWBERRY SOUP (M,G)</b> cheese bread
tue 10.12	<b>RICE PORRIDGE</b> bell pepper bread	<b>CHICKEN AND POTATO CASSEROLE ( L,G )</b> salad	<b>KARELIAN PASTRY (L)</b> cheese orange
wed 11.12	<b>CACAO (G)</b> bread roll, cold cuts carrot (under 3 years old:porridge)	<b>SAUSAGE (M, G)</b> mashed potatoes (L, G) salad	<b>BLUEBERRY QUARK (L, G)</b> cucumber rye bread
thu 12.12	<b>SEMOLINA PORRIDGE</b> cucumber bread	 <b>CHRISTMAS MEAL</b> 	<b>GROUND MEAT PIZZA (L) + APPLE JUICE</b> rutabaga (under 3 years old:porridge)
fri 13.12	<b>PORRIDGE WITH FOUR CEREALS (M)</b> cheese, tomato bread	<b>FISH (M, G)</b> potato, sauce ( L, G ) ground carrot	<b>CACAO (G)</b> cold cuts, bell pepper bread roll

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week 51-52	BREAKFAST	LUNCH	SNACK
mon 16.12	<b>OATMEAL PORRIDGE (M)</b> butter with eggs (L,G), juice bread	<b>CHICKEN SAUCE (L, G)</b> potato ground carrot, jam	<b>RYE BREAD (M)</b> cheese pear
tue 17.12	<b>SEMOLINA PORRIDGE</b> cucumber bread	<b>FISH AND POTATO CASSEROLE (L, G)</b> vegetables, beetroot	<b>STRAWBERRY SOUP (M, G)</b> cold cuts rye bread
wed 18.12	<b>CACAO (G)</b> bread roll, cheese, carrot (under 3 years old:porridge)	<b>MEAT BALLS (M)</b> potato, sauce (L, G) salad	<b>CHOCOLATE SOUP (L, G)</b> tomato bread
thu 19.12	<b>BARLEY PORRIDGE</b> bell pepper bread	<b>SAUSAGE SAUCE (M)</b> potato salad	<b>FRUITS (M, G)</b> home made cheese (L, G) bread
fri 20.12	<b>PORRIDGE WITH FOUR CEREALS (M)</b> + sugar + cinnamon cucumber, bread	<b>GROUND MEAT SOUP M,G</b> bread, cheese cucumber	<b>VANILLA YOGHOURT (G)</b> bell pepper rye bread
mon 23.12	<b>WHEAT PORRIDGE (M)</b> boiled egg, juice bread	<b>CHICKEN SOUP ( L, G )</b> bread, cheese cucumber	<b>WHEAT BREAD (M)</b> cheese orange
tue 24.12			
wed 25.12			
thu 26.12			
fri 27.12	<b>OATMEAL PORRIDGE (M)</b> cheese, cucumber bread	<b>GROUND MEAT SOUP M,G</b> bread <b>waffle (L) + jam</b>	<b>CACAO (G)</b> cheese, apple bread roll

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