

## MENU FOR DAYCARE

2020

You can recognize Heart Symbol meals this symbol



week 19-20	BREAKFAST	LUNCH	SNACK
mon 4.5	<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> bread, cheese
tue 5.5	<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 6.5	<b>CACAO (G)</b> bread roll, cheese, carrot (under 3 years old:porridge)	<b>MEAT SOUP ( M, G )</b> bel pepper cheese, bread	<b>STRAWBERRY PORRIDGE ( M )</b> cold cuts rye bread
thu 7.5	<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 8.5	<b>RYE PORRIDGE (M)</b> cheese, bell pepper bread	<b>FISH (M, G)</b> potato, sauce (L G) ground carrot	<b>BANANA YOGHOURT (G)</b> cucumber bread
mon 11.5	<b>WHEAT PORRIDGE (M)</b> boiled egg, juice bread	<b>CHICKEN SOUP</b> apple	<b>CARROT-POTATO BREAD (M)</b> cheese orange
tue 12.5	<b>RICE PORRIDGE</b> cucumber rye bread	<b>VEGETABLE SOUP ( L, G )</b> rye bread, cheese	<b>WAFFLE (L) + JAM</b> apple
wed 13.5	<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 14.5	<b>SEMOLINA PORRIDGE</b> tomato bread	<b>GROUND MEAT AND PASTA CASSEROLE (L)</b> salad	<b>BERRY SOUP(M, G)</b> cheese bread
fri 15.5	<b>PORRIDGE WITH FOUR CEREALS (M)</b> cheese, cucumber bread	<b>SAUSAGE SOUP</b> apple	<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 21-22	BREAKFAST	LUNCH	SNACK
mon 18.5	<b>OATMEAL PORRIDGE (M)</b> butter with eggs, juice bread	<b>CHICKEN AND RIZ CASSEROLE (L, G)</b> salad	<b>RYE BREAD (M)</b> cheese apple 
tue 19.5	<b>SEMOLINA PORRIDGE</b> cucumber bread	<b>PEA SOUP</b> bread	<b>FRUIT SOUP (M, G)</b> cheese bread
wed 20.5	<b>CACAO (G)</b> bread roll, cold cuts, carrot (under 3 years old:porridge)	<b>LASAGNE</b> salad	<b>YOGHOURT (L, G)</b> mashed fruits rye bread
thu 21.5		<b>ASCENSION DAY</b>	
fri 22.5	<b>RYE PORRIDGE (M)</b> cheese, cucumber bread	<b>GROUND MEAT SOUP ( M, G )</b> apple	<b>WHEAT BREAD (M)</b> home made cheese (L, G) banana
mon 25.5	<b>WHEAT PORRIDGE (M)</b> boiled egg, juice bread	<b>PASTA CASSEROLE (M)</b> salad	<b>BREAKFAST CEREAL (M) + STRAWBERRY SOUP (M, G)</b> bread, cheese
tue 26.5	<b>RICE PORRIDGE</b> bell pepper bread	<b>HAM AND POTATO CASSEROLE (G)</b> salad	<b>KARELIAN PASTRY (L)</b> cheese orange
wed 27.5	<b>CACAO (G)</b> bread roll, cheese carrot (under 3 years old:porridge)	<b>MIFU CASSEROLE ( L, G )</b> salad	<b>BERRY QUARK (L, G)</b> cucumber rye bread
thu 28.5	<b>SEMOLINA PORRIDGE</b> cucumber bread	<b>CHICKEN SOUP ( L, G )</b> cucumber	<b>GROUND MEAT PIZZA (L) + APPLE JUICE</b> rutabaga (under 3 years old:porridge)
fri 29.5	<b>PORRIDGE WITH FOUR CEREALS (M)</b> cheese,tomato bread	<b>FISH SOUP (M, G)</b> carrot	<b>CACAO (G)</b> cold cuts, bell pepper bread roll

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week 23-24	BREAKFAST	LUNCH	SNACK
mon 1.6	<b>OATMEAL PORRIDGE (M)</b> butter with eggs, juice bread	<b>CHICKEN SAUCE (L, G)</b> rice ground carrot, jam	<b>RYE BREAD (M)</b> cheese pear
tue 2.6	<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 3.6	<b>CACAO (G)</b> bread roll, cold cuts, 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 4.6	<b>BARLEY PORRIDGE</b> bell papper bread	<b>SAUSAGE SAUCE (M)</b> potato salad	<b>CHOCOLATE SOUP (L, G)</b> tomato bread
fri 5.6	<b>RYE PORRIDGE (M)</b> cheese, cucumber bread	<b>VEGETABLE SOUP ( L, G )</b> bread, cheese cucumber	<b>PEAR AND VANILLA YOGHOURT (G)</b> bell pepper rye bread
mon 8.6	<b>WHEAT PORRIDGE (M)</b> boiled egg, juice bread	<b>MEAT SAUCE (M)</b> potato salad	<b>WHEAT BREAD (M)</b> cheese orange
tue 9.6	<b>RICE PORRIDGE</b> cucumber rye bread	<b>CHICKEN AND RIZ CASSEROLE (L, G)</b> ground carrot, jam	<b>BLLUEBERRY PORRIDGE ( M )</b> cheese bread
wed 10.6	<b>CACAO (G)</b> bread roll, cold cuts carrot (under 3 years old:porridge)	<b>SPINACH PANCAKE</b> potato, sauce ( G ) cheese salad, jam	<b>STRAWBERRY QUARK (L, G)</b> cucumber bread
thu 11.6	<b>PORRIDGE WITH FOUR CEREALS (M)</b> cheese, tomato bread	<b>FISH SOUP ( L, G )</b> rutabaga bread	<b>MEAT PASTY (M)</b> cucumber salad, water melon (under 3 years old:porridge)
fri 12.6	<b>SEMOLINA PORRIDGE</b> cucumber bread	<b>PASTA CASSEROLE (M)</b> ground cheese salad	<b>CACAO (G)</b> cheese, bell pepper bread roll

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