

## Menu 2

Nanu, Raumanmeri,  
Lyseon lukio, Kari,  
Kourujärvi, Pyynpää Uotila

Day week	Monday	Tuesday	Wednesday	Thursday	Friday
2	Sausage sause(M), ,potato, salad	Meat soup (M, G), cucumber, bread	Chicken and asta casserole (L, g), salad, jam	Fish balls (M, G, E), sauce, potato, salad	Vegetable lasagne (L, E), tomato, cucumber
3	Meat sauce (L,G), rice, carrot	Pasta and ground meat casserole (L), salad	Chicken balls (M, G, E), potato, sauce, salad	Barley porridge €, strawberry soup (M,G, E), tye bread, cheese, orange	Fish (M, G) , potato, salad
4	Vegetable balls (M,G, E), sause, potato, salad	Regional food(M, G), salad, beetroot	Chicken sauce (L, G, ), rice, salad, jam	Fish soup (L, G), apple, bread	Ground meat and potato casserole (L, G), ground carrot
5	Chili con carne (M, G, E), rice, salad	Chicken and potato casserole (L, G), salad	Sausage (L, G), mashed potatoes, salad	Fish (M, G), sauce, potato, ground carrot	Chicken soup (M, G), cucumber, bread roll
6	Chicken sauce (L, G), potato, salad, jam	Fish and potato casserole (L, G), vegetables	Carrot beef (M, G) potato, sauce, salad	Ground meat sauce (M, G), cucumber, bread	Peasoup (M, G, E), cheese, cucumber, bread
7	Meat sauce (M), potato, salad	Peasoup (M, G, E), waffle (L), strawberry jam, rye bread	Spinach pancake (L), potato, sauce, salad, lingonberry jam	Pasta and ground meat casserole (L, E), salad	Fish soup (L, G), cucumber, bread

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.