

Menu for daycare

11.1-22.1.2021	Breakfast	Lunch	Snack
Monday	Oatmeal porridge (M), boiled egg, juice, bread	Sausage sauce (M), potato, salad	Breakfast cereal (M) and berry soup (M, G), cheese, bread
Tuesday	Semolina porridge, cucumber, bread	Chicken and pasta casserole (L, G), salad, blaccurrat jam	Berry soup (M), home made cheese (L, G), rye bread
Wednesday	Cacao(G) , bread roll, cheese, carrot (under 3 years old; porridge)	Meat soup (M, G), cucumber, bread	Strawberry porridge (M), cold cuts, rye bread
Thursday	Barley porridge, tomato, bread	Veggie lasagne (L) , cucumber, tomato	Karelian pastry (L), butter with eggs (M, G), bread
Friday	Rye porridge (M), cheese, bell pepper, bread	Fish (M, G), potato, sauce (L, G), ground carrot	Banana yoghurt (G), cucumber, bread
Monday	Wheat porridge (M), boiled egg, juice, bread	Meat sauce (L, G), rise, carrot	Carrot-potato bread (M), cheese, orange
Tuesday	Rise porridge, cucumber, bread	Chicken and potato casserole(M, G), salad	Waffle (L), strawberry jam, apple
Wednesday	Cacao(G) , bread roll, cold cuts, carrot (under 3 years old; porridge)	Fish (M, G), potato, sauce (L, G), salad	Fruit quark (L, G), cucumber, bread
Thursday	Semolina porridge, tomato, bread	Ground meat and pasta cassserole (L), salad	Berry soup (M, G), cheese, bread
Friday	Porridge with four cereals (M), cheese, cucumber, bread	Chuïcken balls (M), potato, sauce (L; G) ground carrot	Vegetables (M, G) and 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

25.1-5.2.2021	Breakfast	Lunch	Snack
Monday	Oatmeal porridge (M),butter with egg, juice, bread	Reginal food (M, G), salad, beetroot	Rye bread (M), cheese, apple
Tuesday	Semolina porridge, cucumber, bread	Veggie balls (M, G), potato, sauce (M, G), salad	Fruit soup (M, G), cheese, bread
Wednesday	Cacao(G) , bread roll,cold cuts, carrot (under 3 years old; porridge)	Chicken sause (L,G), rise, salad, jam	Yoghourt (L, G), mashed pear, rye bread
Thursday	Rye porridge (M), tomato, cheese, bread	Ground meat ond potato casserole (L, G), ground carrot	Lingonberry porridge (M), liver sausage, bread
Friday	Barley porridge, bell pepper, bread	Fish soup (L, G), bread, apple	Wheat bread (M), home made cheese, banana
Monday	Wheat porridge (M), boiled egg, juice, bread	Ground meat sauce (L, G), pasta, salad	Breakfast cereal (m) and berry soup (M, G), cheese, bread
Tuesday	Rise porridge, bell pepper, bread	Meat and potato casserole(L, G), ground carotte	Karelian pastry (L), cheese, orange
Wednesday	Cacao (G), bread roll, cheese, carrot (under 3 yearsr old porridge)	Ham and casserole (L , G), ground carrot	Blueberryquork (L, G), cucumber, rye bread
Thursday	Semolina porridge, cucumber, bread	Chicken soup (M, G), cucumber, bread roll	Ground meat pizza (L), aple juice, melon
Friday	Barley porridge, bell pepper, bread	Fish (M, , potato, sauce (L, G) ground carrot	Cavao (G) cold cuts, bell pepper, bread roll

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Menu for daycare

8-19.2.2021	Breakfast	Lunch	Snack
Monday	Oatmeal porridge (M), butter with eggs (L, G) juice, bread	Chicken sauce (L, G), potato, salad, jam	Rye bread (M), cheese, pear
Tuesday	Semolina porridge, cucumber, bread	Pea soup (M, G), cheese, cucumber, bread	Strawperry soup (M, G),
Wednesday	Cacao(G) , bread roll, cheese, carrot (under 3 years old, porridge)	Carrot beef (M, G), mashed potatoes (G,L), salad	Fruits (M, G), home mede cheese (L, G), bread
Thursday	Barley porridge, bell pepper, bread	Carrot meat sauce (M, G), potato , groudnd carrot	Chocolate soup (L, G), tomato, bread
Friday	Rye porridge, bell pepper, bread	Fish and potato casserole (L, G), carrot	Pear yoghourt, bell pepper, orange
Monday	Wheat porridge (M), butter with eggs (L, G) juice, bread	Meat sauce (M), potato, salad	Wheat bread (M), cheese, orange
Thursday	Rice porridge, cucumber, bread	Chicken and rice casserole (L, G), groudnd carrot, jam	Blueberry porridge (M), cheese, bread
Wednesday	Cacao(G) , bread roll, cheese, carrot (under 3 years old, porridge)	Chicken sauce (L, G), rice, salad	Strawberry porridge (M), cold cuts, rye bread
Thursday	Porridge with four cereals (M), cheese, tomato, bread	Fish soup (L,G), cucumber, bread	Meat pasty (M), cucumber, water melon, (under 3 years old; porridge)
Friday	Semolina porridge, cucumber, bread	Ground meat sauce (M, G), pasta, cucumber	Cacao(G) , cheese, bell pepper, bread roll

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