

Veggie menu 1

Kaaro, Kodisjoki, Kortela,
Lappi, Pohjoiskehä, Unaja,
Vasarainen

Day week	Monday	Tuesday	Wednesday	Thursday	Friday
2	Beans sause(G, E),potato, salad	Pasta casserole (L, E), salad, jam	Vegetables soup (M, G), cucumber, bread	Vegetable lasagne (L, E), tomato, cucumber	Vegetable balls (M, G, E), sauce, potato, salad
3	Beetroot sauce (M,G E), rice, carrot	Barley porridge €, strawberry soup (M,G, E), tye bread, cheese, orange	Vegetables (L, G, E) , potato, salad	Pasta and ground meat casserole (L, E), salad	Pea balls (M, G, E), potato, sauce, salad
4	Regional food with legumes (M, G, E), salad, beetroot	Vegetable balls (M,G, E), sause, potato, salad	Carrot sauce (L, G,), rice, salad, jam	Potato and vegetable casserole (L, G, E), ground carrot	Vegetable soup (L, G, E), apple, bread
5	Vegetable sauce (M, G, E), rice, salad	Beefsteak (L, G, O), mashed potatoes, salad	Pasta and vegetable casserole (L, E), salad	Vegetable soup (L, G), cucumber, bread roll	Vegetable beefsteak (M, E), sauce, potato, ground carrot
6	Lens sauce (L, G, E), potato, salad, jam	Peasoup (M, G, E), cheese, cucumber, bread	Beefsteak carrot (M, G, O) potato, sauce, salad	Soja sauce (L, G, E), potato, ground carrot	Rice and chou casserole (L, G, E), vegetables
7	Vegetable sauce (L, G, E), potato, salad	Peasoup (M, G, E), walfje (L), strawberry jam, rye bread	Spinach pancake (L), potato, sauce, salad, lingonberry jam	Vegetable soup (L, G, E), cucumber, bread	Pasta and ground meat casserole (L, E), salad

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.