

Menu 1; 1.11-10.12.2021

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

Day week	Monday	Tuesday	Wednesday	Thursday	Friday
44	Sausage sauce (M), potato, salad	Chicken and pasta casserole (M) salad	Meat soup (M, G), creme (L, G), cucumber, bread	Barley porridge (L), strawberry soup (M,G), rye bread, cheese, orange	Fish balls (M), potato, sauce (L, G), ground carrot
45	Meat sauce (M, G), rise, carrot, cucumber	Vegetable soup (L, G), karelian pastry, boiled egg, apple	Fish (L, G) , potato, salad	Ground meat and pasta casserole (L), salad	Chicken balls (M, G), potato, sauce (L,G), ground carrot
46	Chicken sauce (L, G), rice salad, jam	Meat balls (M), sause (L, G), potato, salad	Regional food (M, G), salad, beetroot	Vegetable and pasta casserole (L), ground carrot	Fish soup (L, G), bell pepper, bread
47	Ground meat sauce (M, G), pasta, salad	Sausisse (L, G), mashed potatoes (L, G), salad (M, G)	Mifu and potato casserole (L, G), salad	Chicken soup (L, G), cucumber, bread	Rice porridge (G), plun sauce (M, G), cold cuts, bread
48	Chicken sauce (L, G), rice, salad, jam	Pea soup (M, G, E), cheese, cucumber, bread	Carrot balls (M, G) potato, sause (L, G), salad	Sausage sauce (M), potato, ground carrot	Fish and potato casserole (G, L), vegetable, beetroot
49		Meat sauce (M), potato, carrot, cucumber	Spinach pancake (L), potato, sause (G), cheese salad (L, G), lingonberry jam	Fish soup (L, G), cucumber, rye bred	Chicken and potato casserole (L, G), ground carrot

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.