

## Menu 2; 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	Meat soup (M, G), creme (L, G), cucumber, bread	Chicken and pasta casserole (M) salad	Fish balls (M), potato, sauce (L, G), ground carrot	Barley porridge (L), strawberry soup (M,G), rye bread, cheese, orange
45	Meat sauce (M, G), rise, carrot, cucumber	Fish (L, G), potato, salad	Vegetable soup (L, G), karelian pastry, boiled egg, apple	Chicken balls (M, G), potato, sauce (L,G), salad	Ground meat and pasta casserole (L), salad
46	Chicken sauce (L, G), rise salad, jam	Regional food (L, G), salad, beetroot	Meat balls (M), sause (L, G), potato, salad	Fish soup (L), bell pepper, bread	Vegetable and potato casserole (L, G), ground carrot
47	Ground meat sauce (M, G), pasta, salad	Fish (M), potato, sauce (L, G), ground carrot, bread	Chicken soup (M, G) cucumber, bread	Mifu and potato casserole (L, G), salad	Rice porridge (G), plun sauce (M, G), cold cuts, bread
48	Chicken sauce (M, G), rice, salad, jam	Fish and potato casserole (G, L), vegetable, cucumber	Carrot balls (L, G) potato, sause (L, G), salad	Sausage sauce (M, G), potato, ground carrot	Pea soup (M, G, E), cheese, cucumber, bread
49		Meat sauce (M), rice, cucumber, carrot	Spinach pancake (L), potato, sause (G), cheese salad (L, G), lingonberry jam	Chicken and potato casserole (L, G), ground carrot	Fish soup (L, G), cucumber, rye 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.