

Veggie menu 1 1.11-10.12.2021

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

Day week	Monday	Tuesday	Wednesday	Thursday	Friday
44	Pea sauce (L, G, E), potato, salad	Vegetable and pasta casserole (L, E), salad	Vegetables soup (M,G,E), creme (L,G, E) cucumber, bread	Barley porridge (L, E) strawberry soup (M,G, E), rye bread, cheese, orange	Vegetables beef (M, G), sauce (L,G,E), potato, ground carrot
45	Beetroot sauce (M,G E), rice, carrot, cucumber	Vegetable soup (L, G E) karelian pastry (L E), boiled eggs, apple	Vegetable (L, G, E) , potato, salad	Pasta casserole (L, E), salad	Pea balls (M, G, E), potato, sauce (L, G, E), salad
46	Carrot sauce (L, G, E), rice, salad , blackcurrant jam	Vegetable balls (M,G, E), sauce (L, G), potato, cheese salad (L, G,	Regional food with vegetables (M, G, E), salad, cucumber	Vegetable and pasta casserole (L, G, E), ground carrot	Vegetable soup (M, E) bread, apple
47	Soja sauce (M, G, E), pasta, salad, jam	Vegetable beefsteak (L, G, E), mashed potatoes (L, G, E) salad (M, G, E)	Mifu and potato casserole (L,G, E) salad	Vegetable soup (L, G), cucumber, bread	Rice porridge (G), plum soup (M, G), cheese, bread
48	Lens sauce (L, G, E), rice, salad, blackcurrant jam	Pea soup (M, G, E), cheese, cucumber, bread	Carrot balls (M, G, E) potato, sauce(M, G, E), salad	Pea sauce (L, G, E), potato, ground carrot	Rice and chou casserole (L, G, E), vegetable, beetroot
49		Vegetable sauce (L, G, O), rice, carrot, cucumber	Spinach pancake (L), potato, sauce, salad, lingonberry jam	Vegetable soup (L, G E), cucumber, bread	Paella (M, G, E) 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.