

Veggie menu 2; 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	Vegetables soup (M, G, E), creme (L,G, E) cucumber, bread	Vegetable and pasta casserole (L, E), salad	Vegetables beef (M, G), sauce (L,G,E), potato, ground carrot	Barley porridge (L, E) strawberry soup (M,G, E), rye bread, cheese, orange
45	Beetroot sauce (M,G E), rice, carrot, cucumber	Vegetable (L, G, E) , potato, salad	Vegetable soup (L, G E) karelian pastry (L E), boiled eggs, apple	Pea balls (M, G, E), potato, sauce (L, G, E), salad	Pasta casserole (L, E), salad
46	Carrot sauce (L, G, E), rice, carrot, jam	Regional food with legumes (M, G, E), salad, beetroot	Vegetable balls (M,G), sause (L, G, E), potato, cheese salad (L, G,	Vegetable soup (M, G, E), apple, bread roll,	Vegetable and pasta casserole (l, G, E), ground carrot
47	Soja sauce (M, G, E), pasta, salad	Carrot beefsteak (L, G, E), mashed potatoes (L, G, E) salad (L, G, E)	Vegetable soup (L, G), cucumber, bread	Mifu and potato casserole (L,G, E) salad	Rice porridge (G), plum soup (M, G), cheese, bread
48	Lens sauce (L, G, E), rice, salad, jam	Rice and chou casserole (L, G, E), cucumber, vegetable	Carrot balls(M, G, K) potato, sauce (L, G, E), salad	Pea sauce (L, G, E), potato, ground carrot	Pea soup (M, G, E), cheese, cucumber, bread
49		Vegetable sauce (L, G, O), rice, carrot, cucumber	Spinach pancake (L), potato, sauce, salad, lingonberry jam	Paella (M, G, E) ground carrot	Vegetable soup (L, G E), cucumber, 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.