

Menu 1; 13.12.2021-21.1.2022

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

Day week	Monday	Tuesday	Wednesday	Thursday	Friday
50	Sausage sauce (M), potato, salad	Chicken and pasta casserole (L) salad	Christmas menu	Fish (M, G) sauce (L,G), potato, salad	Meat soup (M, G), cheese, cucumber, bread
51	Meat sauce (M, G), rise, vegetable, cucumber	Fish soup (L, G), cucumber, bread	Rice porridge (G), plum soup (M, G), cold cuts, bread, chocolate (G)		
52					
1					
2	Chicken sauce (L, G), rice, carrot, jam	Pea soup (M, G, E), cheese, cucumber, bread	Hamburger beef (M) potato, sauce (L, G), salad	Balls sauce (M, G), potato, ground carrot	Fish and potato casserole (G, L), vegetable, beetroot
3	Meat sauce (M, G), potato, salad	Chicken and rice casserole (L, G) salad	Carrot pancake (L), potato, sause (G), cheese salad (L, G), lingonberry jam	Fish soup (L, G), cucumber, rye bred	Pasta casserole (L, G), ground cheese, 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.