

Menu 2; 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	Meat soup (M, G), creme (L, G), cucumber, bread	Christmas menu	Fish (M,G), potato, sauce (L, G), ground carrot	Chicken and pasta casserole (L) salad
51	Meat sauce (M, G), rise, carrot, cucumber	Chicken and rice casserole (L, G) salad	Rice porridge (G), plum soup (M, G), cold cuts, bread, chocolate (G)		
52					
1					
2	Chicken sauce (M, G), rice, carrot, jam	Fish and potato casserole (G, L), vegetable, cucumber	Hamburger beef (M) potato, sauce (L, G), salad	Balls sauce (M, G), potato, ground carrot	Pea soup (M, G, E), cheese, cucumber, bread
3	Meat sauce (M, G), potato salad	Fish soup (L, G), cucumber, rye bread	Pasta casserole (L, G), ground cheese, salad	Chicken and rise casserole (L, G), salad	Carrot pancake (L), potato, sauce (G), cheese salad (L, G), lingonberry jam

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.