

Veggie menu 1 1.13.12.2021-21.1.2022

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

Day week	Monday	Tuesday	Wednesday	Thursday	Friday
50	Pea sauce (L, G, E), potato, salad	Vegetable and pasta casserole (L, E), salad	Christmas meal	Vegetable beefsteak (L,G, E), sauce (L, G, O), potato, salad	Vegetable soup (L, G, E) cheese, cucumber, bread
51	Beetroot sauce (M,G E), rice,vegetable, cucumber	Vegetable soup (L, G E) cucumber, bread	Rice porridge (G), plum soup (M, G), cheese, bread, chocolat		
52					
1					
2	Lens sauce (L, G, E), rice,carrot, blackcurrant jam	Pea soup (M, G, E), cheese, cucumber, rye bread	Vegetable beefsteak (L, G, E), potato, sauce (M,G,E) salad	Balls sauce (L, G, E), pasta, ground carrot	Rice and chou casserole (L, G, E), vegetable, beetroot
3	Vegetable sauce (L, G, E), potato,salad	Beetroot casserole (L, G, O), salad	Carrot pancake (L), potato, sauce, salad, lingonberry jam	Vegetable soup (L, G E), cucumber, rye bread	Vegetable and rice casserole (M, G,O), 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.