

## Veggie menu 2; 1.11-10.12.2021

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

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