

HOIVAOSASTON RUOKALISTA 2017 - 2018

2017 VALID IN WEEKS: 51
2018 VALID IN WEEKS: 4, 9, 14, 19

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Wheat flake porridge Cheese Plum purée	Organic oat porridge Cheese Apple purée	Bread porridge Sausage cold cut Peach purée	Rye flake porridge Cold cut Pear purée	Barley flake porridge Cold cut Gefilus juice	Four grain porridge Cheese Strawberry purée	Oat gruel Cold cut Rose hip purée
Lunch	Chicken meatballs Potatoes Curry sauce Side vegetables Salad	Root vegetable- Quorn sauce Potatoes Side vegetables Cheese-vegetable salad	Stuffed cabbage rolls Potatoes Brown gravy Salad Lingonberry compote	Pork meat sauce Whole grain barley Side vegetables Salad	Meat-macaroni casserole Tomato sauce Side vegetables Salad	Ground liver patties Cooked onions Potato mash Cream sauce Side vegetables Salad	Oven baked salmon Potatoes Dill sauce Side vegetables Salad
Dessert	Layered Dessert	Raspberry- pear kissel	Strawberry- rhubarb kissel	Fruit salad	Strawberry quark	Rose hip kissel	Mango kissel
Coffee	Cardamom braid loaf	Crepes Jam	Marble cake	Apple braid loaf	Swiss roll (rye flour)	Rhubarb pie	Chocolate Swiss roll
Dinner	Potato soup Barley groat flatbread	Minced meat-potato mash casserole Melted butter sauce Canned beetroot	Salmon soup	Wheat semolina porridge Matjes herring	Carrot purée soup Meat jelly Barley vatrushka	Barley oven porridge Cold cut	Cheese-vegetable soup Salmon vatrushka
Bedtime snack	Whipped apricot porridge Cold cut	Yogurt Meat jelly	Whipped apple-carrot porridge Cheese	Apple- cinnamon kissel Sausage cold cut	Rose hip kissel Boiled egg	Strawberry quark Cheese	Whipped plum porridge Cheese

Changes to the menu are possible due to holidays and the availability of foodstuffs.

HOIVAOSASTON RUOKALISTA 2017 - 2018

2017 VALID IN WEEKS: 52
2018 VALID IN WEEKS: 5, 10, 15, 20

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Barley flake porridge Cheese Plum purée	Four grain porridge Cheese Apple purée	Rye flake porridge Cheese Peach purée	Wheat flake porridge Cold cut Pear purée	Rice flake porridge Sausage cold cut Rose hip purée	Organic oat porridge Cheese Strawberry purée	Wheat semolina gruel Cold cut Gefilus juice
Lunch	Minced meat sauce Pasta Side vegetables Salad	Sausage stroganoff Potatoes Side vegetables Salad	Fish patties Potato mash Chive sauce Side vegetables Salad	Chicken casserole Side vegetables Salad	Fish fillet Potatoes Tartar sauce Side vegetables Salad	Meat loaf Potatoes Cream sauce Side vegetables Salad	Beef steak stew Potatoes Side vegetables Salad
Dessert	Apricot kissel	Blackcurrant quark	Rose hip-apple kissel	Milk kissel Berry purée	Whipped apricot porridge	Apple-cinnamon kissel	Strawberry kissel
Coffee	Cardamom braid loaf	Gingerbread Bundt cake	Blueberry pie	Cardamom braid loaf	Yogurt cake	Carrot cake	Marble cake
Dinner	Soup of two fish Potato flatbread	Vegetable purée soup Karelian pasty Egg butter	Spinach soup Boiled egg	Tomato-minced meat soup	Reindeer meat-potato casserole Brown sauce Canned beetroot	Clear chicken soup Potato flatbread	Organic barley porridge Meat jelly
Bedtime snack	Blackcurrant kissel Cold cut	Whipped berry porridge Cold cut	Blueberry-vanilla quark Cheese	Rose hip-apple kissel Cold cut	Berry kissel Cheese	Whipped apricot porridge Cold cut	Whipped strawberry porridge Cheese

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HOIVAOSASTON RUOKALISTA 2017 - 2018

2017 VALID IN WEEKS: 48
2018 VALID IN WEEKS: 1, 6, 11, 16, 21

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Rye flake porridge Cheese Peach purée	Barley flake porridge Sausage cold cut Plum purée	Organic oat porridge Cold cut Gefilus juice	Rye flake porridge Sausage cold cut Apple purée	Graham wheat porridge Cheese Berry purée	Wheat flake porridge Cold cut Pear purée	Wheat semolina gruel Cold cut
Lunch	Chicken-coconut sauce Whole grain rice Side vegetables Salad Blackcurrant jam	Vegetable croquettes Potatoes Herb sauce Side vegetables Salad	Lasagnette Side vegetables Salad	Oven fish from saithe Potatoes Side vegetables Salad	Sautéed game-potato casserole Brown sauce Side vegetables Salad	Karelian stew Potatoes Side vegetables Salad	Rose hip chicken Potato mash Side vegetables Salad
Dessert	Fruit kissel	Yogurt	Raspberry-blueberry kissel	Cranberry kissel	Whipped blackcurrant porridge	Redcurrant kissel	Fruit quark
Coffee	Apple braid loaf	Bundt cake	Muffin	Gingerbread Bundt cake	Apple pie	Swiss roll	Mocha-cocoa cake
Dinner	Fish solyanka	Pork meat-potato casserole Melted butter sauce Canned beetroot	Meat soup	Wheat semolina gruel Pork meat and potato loaf in rye crust	Potato soup Matjes herring	Salmon soup	Vegetable purée soup Karelian pasty Egg butter
Bedtime snack	Milk curd Cheese	Blueberry kissel Sausage cold cut	Mango quark Cold cut	Raspberry-blueberry kissel Liver sausage	Whipped apple-carrot porridge Sausage cold cut	Whipped blackcurrant porridge Cheese	Raspberry-pear kissel Cold cut

Changes to the menu are possible due to holidays and the availability of foodstuffs.

HOIVAOSASTON RUOKALISTA 2017 - 2018

2017 VALID IN WEEKS : 49

2018 VALID IN WEEKS : 2, 7, 12, 17, 22

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Wheat flake porridge Cheese Peach purée	Organic oat porridge Cold cut Apple purée	Bread porridge Sausage cold cut Gefilus juice	Rye flake porridge Cheese Pear purée	Organic oat porridge Cold cut Pear purée	Rye flake porridge Cheese Strawberry purée	Wheat semolina gruel Cold cut Rose hip purée
Lunch	Liver-bacon sauce Potatoes Side vegetables Salad	Fish gratin Potatoes Chive sauce Side vegetables Salad	Chicken fricassee Whole grain rice Side vegetables Salad Lingonberry compote	Beef-potato casserole Side vegetables Salad	Vegetable patties (carrot) Potato mash Cheese-herb sauce Ham-pasta salad	Fish loaf Potato mash Chive sauce Side vegetables Salad	Sautéed game Potato mash Side vegetables Salad Lingonberry compote
Dessert	Pineapple kissel	Whipped strawberry porridge	Peach kissel	Lingonberry-rye porridge	Rose hip-apple kissel	Strawberry-pineapple quark	Blackcurrant kissel
Coffee	Cardamom braid loaf	Bundt cake	Apple braid loaf	Berry pie	Gingerbread Bundt cake	Swiss roll (rye flour)	Carrot cake
Dinner	Rice porridge Cold cut	Pork sausage soup	Minced meat-potato mash casserole Brown sauce Shredded beetroot	Spinach soup Boiled egg	Chicken-vegetable soup with cheese	Minced meat soup Vatrushka	Potato-parsnip purée soup Liver sausage
Bedtime snack	Mango quark Cold cut	Pineapple kissel Cheese	Whipped strawberry porridge Cheese	Peach kissel Cold cut	Lingonberry-rye porridge Cheese	Berry mix Vanilla sauce	Strawberry kissel Sausage cold cut

Changes to the menu are possible due to holidays and the availability of foodstuffs.

HOIVAOSASTON RUOKALISTA 2017 - 2018

2017 VALID IN WEEKS: 50
2018 VALID IN WEEKS: 3, 8, 13, 18, 23

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Organic oat porridge Cheese Apricot purée	Graham wheat porridge Sausage cold cut Peach purée	Rice flake porridge Cheese Plum purée	Rye flake porridge Sausage cold cut Gefilus juice	Barley flake porridge Cheese Rose hip purée	Wheat flake porridge Cold cut Berry purée	Wheat semolina gruel Cold cut Pear purée
Lunch	Burger patties Potatoes Brown sauce Side vegetables Salad	Oven sausage Cheese-potato fry Brown cream sauce Side vegetables Salad Mustard relish	Chicken ragout Potatoes Side vegetables Salad	Meat-cabbage casserole Side vegetables Salad Lingonberry compote	Salmon casserole Side vegetables Salad	Beef a la Lindström Potato mash Brown sauce Side vegetables Salad	Black pepper beef Potatoes Side vegetables Salad
Dessert	Peach kissel	Berry kissel Vanilla sauce	Strawberry kissel	Berry mix Vanilla sauce	Chocolate kissel	Redcurrant kissel	Talkkuna-lingonberry quark
Coffee	Cardamom braid loaf	Bundt cake	Gingerbread Bundt cake	Braid loaf with butter filling	Swiss roll	Blueberry pie	Mocha-cocoa cake
Dinner	Carrot purée soup Potato flatbread Cold cut	Heart healthy porridge Butter Matjes herring	Meat soup	Frankfurter soup	Tomato-minced meat soup	Potato soup Meat jelly	Fish soup
Bedtime snack	Blackcurrant quark Cheese	Whipped lingonberry porridge Cold cut	Yogurt Cold cut	Strawberry kissel Cheese	Whipped apricot porridge Cold cut	Milk kissel Rose hip purée	Fruit kissel Cheese

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