

Home services' meals autumn 2017 – spring 2018

Week 2017	Week 2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 36 41 46 51	4 9 14 19	Black pepper beef Potatoes Side vegetables Fruit nectar	Beef a la Lindström Potato mash Brown sauce Side vegetables Salad	Chicken meatballs Whole grain rice Curry sauce Side vegetables Cucumber	Meat-cabbage casserole Side vegetables Lingonberry compote	Salmon soup Cheese Tomato	Pork meat sauce Whole grain barley Side vegetables Salad	Ground liver patties Cooked onions Cream sauce Potato mash Lingonberry compote
		Redcurrant kissel	Crepes and jam	Strawberry-rhubarb kissel	Fruit salad	Whipped lingonberry porridge	Greek yogurt	Mango kissel
32 37 42 47 52	5 10 15 20	Beef-potato casserole Side vegetables Fruit nectar	Barley porridge Cold cut Sliced cucumber	Minced meat sauce Whole wheat pasta Side vegetables Salad	Vegetable purée soup Karelian pasty Cheese Tomato	Fish patties Potatoes Chive sauce Side vegetables Sliced beetroot	Chicken casserole Side vegetables Apple	Oven baked salmon Potatoes Dill sauce Side vegetables Sliced cucumber
		Blackcurrant kissel	Rose hip-apple kissel	Berry pie	Strawberry-pineapple quark	Apple-cinnamon kissel	Whipped apricot porridge	Layered kissel
33 38 43 48	1 6 11 16 21	Smoked reindeer-potato casserole Side vegetables Pickled cucumber	Beef steak stew Potatoes Side vegetables Tomato	Chicken-coconut sauce Whole grain rice Side vegetables Fruit-vegetable drink Blackcurrant jam	Vegetable balls Potatoes Herb sauce Side vegetables Salad	Meat soup Cheese Apple	Oven fish Potatoes Side vegetables Sliced cucumber	Meatloaf Sweet potato-potato mash Brown sauce Side vegetables Salad
		Fruit kissel	Quark drink	Mango quark	Raspberry-blueberry kissel	Pancake and jam	Redcurrant kissel	Quark mousse
34 39 44 49	2 7 12 17 22	Potato soup Mushroom salad Meat pie Fruit nectar	Rose hip chicken Whole grain rice Side vegetables Pear	Fish gratin Bordelaise Potato mash Chive sauce Side vegetables Salad	Liver-bacon sauce Potatoes Side vegetables Fruit nectar	Chicken fricassee Whole grain rice Side vegetables Cucumber	Vegetable patties Potatoes Cheese-herb sauce Side vegetables Salad	Karelian stew Potatoes Carrot casserole Tomato
		Pineapple kissel	Smoothie	Whipped strawberry porridge	Peach kissel	Rose hip-apple kissel	Strawberry-pineapple quark	Layered yogurt
35 40 45 50	3 8 13 18 23	Wheat semolina porridge Cheese Fruit	Rainbow trout loaf Potato mash Chive sauce Side vegetables Fruit nectar	Burger patties Potatoes Brown sauce Side vegetables Salad	Oven sausage Cheese-potato fry Cream sauce Side vegetables Tomato Mustard relish	Chicken ragout Whole grain rice Side vegetables Sliced cucumber	Salmon casserole Side vegetables Sliced beetroot	Sautéed game Potato mash Side vegetables Lingonberry compote
		Raspberry soup	Berry kissel	Cinnamon bun	Peach quark	Berry soup	Blackcurrant porridge	Yogurt