

## Lieksa 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	<b>Chicken meatballs</b> Whole grain rice Curry sauce Side vegetables Salad	<b>Salmon soup</b> Cold cut Salad	<b>Stuffed cabbage rolls</b> Potatoes Brown sauce Salad Lingonberry compote	<b>Pork meat sauce</b> Whole grain barley Side vegetables Salad	<b>Carrot purée soup</b> Cheese Tomato	<b>Beef a la Lindström</b> Potato mash Brown sauce Side vegetables Salad	<b>Black pepper beef</b> Potatoes Side vegetables Salad
		Layered dessert	Crepes and jam	Strawberry-rhubarb kissel	Fruit salad	Strawberry quark	Rose hip kissel	Greek yogurt
32 37 42 47 52	5 10 15 20	<b>Minced meat sauce</b> Whole wheat pasta Side vegetables Salad	<b>Vegetable purée soup</b> Karelian pasty Cheese Salad	<b>Fish patties</b> Potato mash Chive sauce Side vegetables Salad	<b>Chicken casserole</b> Side vegetables Salad	<b>Fish fillet</b> Potatoes Tartar sauce Side vegetables Salad	<b>Ground liver patties</b> Cooked onions Potato mash Cream sauce Lingonberry compote	<b>Oven baked salmon</b> Potatoes Dill sauce Side vegetables Salad
		Apricot kissel	Blackcurrant quark	Rose hip-apple kissel	Milk kissel Jam	Whipped apricot porridge	Apple-cinnamon kissel	Layered kissel
33 38 43 48	1 6 11 16 21	<b>Chicken-coconut sauce</b> Whole grain rice Side vegetables Salad Blackcurrant jam	<b>Vegetable balls</b> Potatoes Herb sauce Side vegetables Salad	<b>Meat soup</b> Cheese Salad Vatrushka	<b>Oven fish</b> Potatoes Side vegetables Salad	<b>Potato soup</b> Mushroom salad Salad	<b>Meatloaf</b> Potatoes Cream sauce Side vegetables Tomato	<b>Beef steak stew</b> Potatoes Side vegetables Salad
		Fruit kissel	Yogurt	Raspberry-blueberry kissel	Pancakes and jam	Whipped blackcurrant porridge	Redcurrant kissel	Quark mousse
34 39 44 49	2 7 12 17 22	<b>Liver-bacon sauce</b> Potatoes Side vegetables Salad	<b>Fish gratin with cheddar</b> Potatoes Chive sauce Side vegetables Salad	<b>Wheat semolina porridge</b> Cold cut Salad	<b>Beef-potato casserole</b> Side vegetables Salad	<b>Vegetable patties</b> Potato mash Cheese-herb sauce Salad	<b>Karelian stew</b> Potatoes Carrot casserole Salad	<b>Rose hip chicken</b> Potato mash Side vegetables Salad
		Pineapple kissel	Whipped strawberry porridge	Peach kissel	Lingonberry-rye porridge	Berry pie	Strawberry-pineapple quark	Raw porridge
35 40 45 50	3 8 13 18 23	<b>Burger patties</b> Potatoes Brown sauce Side vegetables Salad	<b>Oven sausage</b> Cheese-potato fry Cream sauce Side vegetables Mustard relish Salad	<b>Chicken ragout</b> Whole grain rice Side vegetables Salad	<b>Barley porridge</b> Cold cut Salad	<b>Salmon casserole</b> Side vegetables Salad	<b>Sautéed game</b> Potato mash Side vegetables Salad Lingonberry compote Salad	<b>Fish loaf</b> Potatoes Chive sauce Side vegetables Tomato
		Peach kissel	Berry kissel	Mango quark	Raspberry kissel	Chocolate kissel	Redcurrant kissel	Whipped porridge