

JOENSUU DAY CARE CENTRES 2017-2018

| Week 2017 | Week 2018 | | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|--------------------------|--------|---|---|--|--|--|
| 31 36 41 46 51 | 4 9 14 19 | BRKF | Cereal, berry soup, cheese, fresh bite | Four grain gruel, fruit, cold cut | Organic oat porridge, fresh bite, cheese | Rye flake gruel, root vegetable bites, cold cut | Wheat porridge, pear purée / berries, cheese |
| | | LUNCH | Chicken meatballs, potatoes, curry sauce, Iceberg lettuce-cucumber-tomato-zucchini salad, roasted onion | Chili con soy /Sweet corn balls, cheese-herb sauce, whole grain rice Cheese-vegetable salad | Salmon soup, cold cut, cucumber, rye bread | Ginger pork, whole grain barley, sweet chili sauce Chinese cabbage-pineapple-pea salad | Meat-macaroni casserole, vegetable mix grated carrot |
| | | SNACK | Layered dessert, fresh bite | Crepes and jam, fresh bite, cold cut | Pizza Bolognese, fresh bite | Fruit salad, cheese | Strawberry quark, cold cut |
| | | DINNER | Potato soup, cheese, sliced cucumber | Minced meat-potato mash casserole, cheese-vegetable salad | Minced meat kebabs, potato mash, brown sauce, Iceberg lettuce-zucchini-melon salad | Wheat semolina porridge, sliced pepper, cold cut, rye bread | Carrot purée soup, vatrushka, cold cut, sliced cucumber |
| 32 37 42 47 52 | 5 10 15 20 | BRKF | Rye flake porridge, apple purée, cheese | Organic oat porridge, fruit purée, vegetables | Rice flake gruel, fruit, cold cut | Four grain porridge, vegetables, cheese | Yogurt, cold cut, fresh bite |
| | | LUNCH | Minced meat sauce, whole wheat pasta, cabbage-pumpkin salad | Sausage hash, sliced carrot, iceberg lettuce-radish-zucchini salad, roasted onion | Spinach soup Egg, carrot sticks Organic rye bread | Chicken casserole, Chinese cabbage-cucumber-pepper salad, salad seeds | Fish fingers, potato mash, tartar sauce/ Fish fingers , potatoes, dill sauce Grated carrot |
| | | SNACK | Potato flatbread, ice cream bar, fresh bite | Vegetable mix and dip sauce, cheese | Rose hip-apple kissel, cold cut, fresh bite | Milk kissel and berry purée, cold cut | Whipped apricot porridge, fresh bite |
| | | DINNER | Soup of two fish, potato flatbread, cold cut | Vegetable purée soup, Karelian pasty, egg butter | Fish patties, potato mash, chive sauce, salad | Tomato-minced meat soup cheese, sliced cucumber | Smoked reindeer-potato casserole, grated carrot |
| 33 38 43 48 | 1 6 11 16 21 | BRKF | Organic oat porridge, cold cut, vegetables | Cocoa, egg, fruit, toast | Wheat porridge, berries, cheese | Barley gruel, fruit purée, cold cut, fresh bite | Four grain porridge, cold cut, root vegetable bites |
| | | LUNCH | Chicken-coconut sauce, whole grain rice, colourful Chinese cabbage salad, blackcurrant jam | Vegetable croquettes, potatoes, herb sauce, iceberg lettuce-cucumber-honey dew melon salad, roasted onion | Lasagnette Grated carrot | Oven fish, potatoes tomato-leek salad, Green salad mix | Meat soup, cream cheese/ Potato soup, liver sausage, sliced pepper, multigrain bread |
| | | SNACK | Whole wheat cereal, raspberry soup, fresh bite | Graham meat pie, fresh bite | Raspberry-blueberry kissel, fresh bite | Fruit plate, bread roll, cold cut | Yogurt, berry mix, cheese |
| | | DINNER | Fish solyanka, cheese, cucumber | Pork meat-potato casserole, salad | Meat soup, cheese, sliced tomato | Wheat semolina gruel, cold cut, sliced pepper | Ham casserole, iceberg lettuce-zucchini-tomato salad |



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|----------------------|--------------------------|--------|--|---|--|--|---|
| 34 39 44 49 | 2 7 12 17 22 | BRKF | Rye porridge, cold cut, spread | Milk curd, fruit soup, vegetables, multigrain bread | Organic oat porridge, berry purée, cold cut | Wheat semolina gruel, berry/fruit purée, cheese | Four grain porridge, fruit, cold cut |
| | | LUNCH | Italian stew, grated cheese Chinese cabbage-cole-slaw salad | Fish gratin with cheddar, potatoes, chive sauce, beetroot-apple-leek salad | Chicken-vegetable soup with cheese/Vegetable purée soup, salad seeds cheese, lettuce, Wheat bran bread | Tomato-minced meat-potato casserole, side vegetables, Chinese cabbage-zucchini-pineapple salad | Spinach pancakes, potato mash, ham-pasta salad, lingonberry compote |
| | | SNACK | Mango quark, fresh bite | Bread roll, cheese, cucumber | Whipped strawberry porridge, cold cut, fresh bite | Berry pie, fresh bite | Rose hip-apple kissel, cheese, fresh bite |
| | | DINNER | Rice porridge, cold cut, sliced tomato | Pork sausage soup, cheese, sliced cucumber | Minced meat-potato mash casserole, side vegetables, iceberg lettuce-zucchini-tomato salad | Spinach soup, egg, vatrushka, sliced tomato | Meat balls, potato mash, cucumber sticks, tomato wedges |
| 35 40 45 50 | 3 8 13 18 23 | BRKF | Wheat porridge, cheese, berry soup | Cocoa, egg, fruit, bread roll | Rice flake porridge, berries, cold cut | Organic oat porridge, vegetables, cheese | Four grain gruel, fruit, cold cut |
| | | LUNCH | Burger patties, potatoes, brown sauce, iceberg lettuce-zucchini-tomato salad | Oven sausage, cheese-potato fry/Oven sausage, potatoes, cream sauce, carrot-pineapple salad, mustard relish | Chicken-pasta casserole, Chinese cabbage-cantaloupe-pea salad, salad seeds | Sweet potato purée soup/ Barley porridge, raspberry kissel, cold cut, sliced tomato, Organic rye bread | Salmon casserole, side vegetables, cabbage-vinaigrette salad |
| | | SNACK | Peach kissel, fresh bite | Whipped lingonberry porridge, vegetables | Karelian pasty and egg butter, fresh bite | Berry mix and vanilla sauce | Chocolate kissel, fresh bite |
| | | DINNER | Carrot purée soup, sliced tomato, liver sausage | Heart healthy porridge, berry soup, cold cut, sliced cucumber | Meat soup, cheese, sliced tomato | Chicken ragout, whole grain rice, cucumber sticks | Tomato-minced meat soup, cheese, sliced cucumber |



Additionally, rye bread, crispbread, margarine, skimmed milk and sour milk are served with meals. Breakfast consists of porridge or gruel according to the menu, cold cut or cheese, spread and a fresh bite. Snack according to the menu. Additionally, a fresh bite is served and at times a cold cut is also on offer. The eating habits of 1- to 3-year-olds are taken into account. Holidays and the availability of foodstuffs, for example, may cause changes to the menu. The staff of Polkka catering services help you with dietary matters.