

JOENSUU DAY CARE CENTRES 2017–2018

Week 2017	Week 2018		Saturday	Sunday
31 36 41 46 51	4 9 14 19	BRKF LUNCH SNACK DINNER	Rice flake porridge, cheese, fresh bite Ground liver patties, potato mash, cream sauce, side vegetables Iceberg lettuce-pepper-zucchini salad Rose hip kissel Meat balls, potato mash, cream sauce, tomato wedges	Yogurt, cold cut, fruit Oven baked salmon, potatoes, dill sauce, side vegetables Chinese cabbage-cucumber-pickled pumpkin salad Mango kissel Vegetable soup with cheese, salmon vatrushka, sliced cucumber
32 37 42 47 52	5 10 15 20	BRKF LUNCH SNACK DINNER	Milk curd, cheese, fresh bite Meat loaf, potatoes, cream sauce, side vegetables carrot-pineapple salad Apple-cinnamon kissel Clear chicken soup, potato flatbread, cucumber	Wheat flake porridge, kissel, cold cut, vegetables Beef steak stew, potatoes, side vegetables Beetroot-cabbage-leek salad Strawberry kissel Organic barley porridge, cold cut, sliced pepper, berry soup
33 38 43 48	1 6 11 16 21	BRKF LUNCH SNACK DINNER	Rice flake porridge, spread, cheese, fruit Karelian stew, potatoes, carrot casserole Iceberg lettuce-pepper-cottage cheese salad Redcurrant kissel + ice cream Salmon soup, sliced cucumber, cheese	Yogurt, cold cut, vegetables Rose hip chicken, potato mash, side vegetables Chinese cabbage-iceberg lettuce-zucchini-cucumber salad Fruit quark Vegetable purée soup, Karelian pasty, egg butter



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Week 2017	Week 2018		Saturday	Sunday
34 39 44 49	2 7 12 17 22	BRKF	Wheat semolina porridge, cold cut, fresh bite	Milk curd, cold cut, vegetables
		LUNCH	Fish loaf, potato mash, chive sauce, side vegetables Chinese cabbage-cucumber- pickled pumpkin salad	Sautéed game, potato mash, side vegetables Iceberg lettuce-tomato-egg salad
		SNACK	Strawberry-pineapple quark	Ice cream
		DINNER	Minced meat soup, cucumber, cheese	Potato soup, vatrushka, cold cut, sliced tomato
35 40 45 50	3 8 13 18 23	BRKF	Cereal, kissel, cold cut, fruit	Wheat flake porridge, spread, cheese, fruit
		LUNCH	Beef a la Lindström, potato mash, brown sauce, side vegetables Chinese cabbage-cucumber-honey dew melon salad	Black pepper beef, potatoes, side vegetables Iceberg lettuce-zucchini-melon salad
		SNACK	Redcurrant kissel	Quark mousse
		DINNER	Potato soup, cold cut, sliced tomato	Fish soup, cold cut, sliced tomato



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.