

2018 VALID IN WEEKS: 4, 9, 14, 19, 24, 29

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	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
<b>Lunch</b>	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
<b>Dessert</b>	Layered Dessert	Raspberry- pear kissel	Strawberry- rhubarb kissel	Fruit salad	Strawberry quark	Rose hip kissel	Mango kissel
<b>Coffee</b>	Cardamom braid loaf	Crepes Jam	Marble cake	Apple braid loaf	Swiss roll (rye flour)	Rhubarb pie	Chocolate Swiss roll
<b>Dinner</b>	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
<b>Bedtime snack</b>	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.

2018 VALID IN WEEKS: 5, 10, 15, 20, 25, 30

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	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
<b>Lunch</b>	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
<b>Dessert</b>	Apricot kissel	Blackcurrant quark	Rose hip-apple kissel	Milk kissel Berry purée	Whipped apricot porridge	Apple-cinnamon kissel	Strawberry kissel
<b>Coffee</b>	Cardamom braid loaf	Gingerbread Bundt cake	Blueberry pie	Cardamom braid loaf	Yogurt cake	Carrot cake	Marble cake
<b>Dinner</b>	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
<b>Bedtime snack</b>	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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2018 VALID IN WEEKS: 1, 6, 11, 16, 21, 26, 31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	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
<b>Lunch</b>	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
<b>Dessert</b>	Fruit kissel	Yogurt	Raspberry-blueberry kissel	Cranberry kissel	Whipped blackcurrant porridge	Redcurrant kissel	Fruit quark
<b>Coffee</b>	Apple braid loaf	Bundt cake	Muffin	Gingerbread Bundt cake	Apple pie	Swiss roll	Mocha-cocoa cake
<b>Dinner</b>	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
<b>Bedtime snack</b>	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.

2018 VALID IN WEEKS : 2, 7, 12, 17, 22, 27, 32

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

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2018 VALID IN WEEKS: 3, 8, 13, 18, 23, 28, 33

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	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
<b>Lunch</b>	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
<b>Dessert</b>	Peach kissel	Berry kissel Vanilla sauce	Strawberry kissel	Berry mix Vanilla sauce	Chocolate kissel	Redcurrant kissel	Talkkuna-lingonberry quark
<b>Coffee</b>	Cardamom braid loaf	Bundt cake	Gingerbread Bundt cake	Braid loaf with butter filling	Swiss roll	Blueberry pie	Mocha-cocoa cake
<b>Dinner</b>	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
<b>Bedtime snack</b>	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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