

| Week 2018 | Week 2019 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|-----------------------------|-------------------------------------|-----------------------------|------------------------------|------------------------------|-------------------------------|--------------------------------|---------------------------------|
| 44 49 | 2 | Black pepper beef | Ground liver patties | Chicken meatballs | Stuffed cabbage rolls | Salmon soup | Chicken-vegetable sauce | Beef a la Lindström |
| | 7 | Potatoes | Cooked onions | Whole grain rice | Potatoes | Cheese | Multi grain rice | Potato mash |
| | 12 | Side vegetables | Potato mash | Curry sauce | Brown sauce | Tomato | Side vegetables | Brown sauce |
| | 17 | Fruit nectar | Cream sauce | Side vegetables | Side vegetables | | Salad | Side vegetables |
| | 22 | | Lingonberry compote | Cucumber | Lingonberry compote | | | Tomato |
| | 27 | Yogurt | Orange-tangerine kissel | Crepes and jam | Fruit salad | Raspberry-blueberry kissel | Rose hip quark | Mango kissel |
| 45 50 | 3 | Oven sausage | Barley porridge | Minced meat sauce | Vegetable puree soup | Fish patties | Chicken casserole | Oven baked salmon |
| | 8 | Cheese-potato fry | Cold cut | Whole grain pasta | Karelian pasty | Potatoes | Side vegetables | Potato mash |
| | 13 | Cream sauce | Sliced cucumber | Side vegetables | Cheese | Chive sauce | Fruit | Dill sauce |
| | 18 | Side vegetables | | Salad | Tomato | Side vegetables | | Side vegetables |
| | 23 | Salad | | | | Sliced beetroot | | Sliced cucumber |
| 28 | Raspberry-vanilla kissel | Apple-cinnamon kissel | Berry pie | Strawberry-vanilla quark | Rose hip-apple kissel | Whipped apricot porridge | Raspberry kissel | |
| 46 51 | 4 | Minced meat-cheese casserole | Beef steak stew | Chicken-coconut sauce | Vegetable balls | Minced meat soup | Oven fish | Meat loaf |
| | 9 | Potatoes | Potatoes | Whole grain rice | Potatoes | Cheese | Potatoes | Potato mash |
| | 14 | Side vegetables | Side vegetables | Side vegetables | Cheese sauce | Fruit | Side vegetables | Brown sauce |
| | 19 | Pickled cucumber | Tomato | Blackcurrant jam | Side vegetables | | Sliced cucumber | Side vegetables |
| | 24 | | | Fruit-vegetable drink | Salad | | | Salad |
| | 29 | Pancakes and jam | Strawberry kissel | Fruit kissel | Fruit quark | Whipped porridge with vanilla | Cranberry kissel | Quark mousse |
| 47 52 | 5 | Potato soup | Rose hip chicken | Fish patties | Spinach soup | Chicken fricassee | Vegetable patties | Karelian style meat stew |
| | 10 | Meat pie | Potato mash | Potato mash | Cold cut | Whole grain rice | Potatoes | Potatoes |
| | 15 | Mushroom salad | Side vegetables | Chive sauce | Fruit nectar | Side vegetables | Cheese-herb sauce | Carrot casserole |
| | 20 | Tomato | Fruit | Side vegetables | | Cucumber | Roasted root vegetables, salad | Tomato |
| | 25 | | | Salad | | | | |
| 30 | Fruit smoothie | Redcurrant kissel | Pineapple kissel | Whipped strawberry porridge | Blueberry kissel | Strawberry-pineapple quark | Yogurt | |
| 48 | 1 | Wheat semolina porridge | Rainbow trout loaf | Burger patties | Frankfurter soup | Chicken ragout | Salmon casserole | Sautéed game |
| | 6 | Cold cut | Potato mash | Potatoes | Cheese | Whole grain rice | Side vegetables | Potato mash |
| | 11 | Fruit | Chive sauce | Brown sauce | Tomato | Side vegetables | Sliced beetroot | Side vegetables |
| | 16 | | Side vegetables | Side vegetables | | Sliced cucumber | | Lingonberry compote |
| | 21 | | Fruit nectar | Salad | | | | |
| 26 | Gooseberry-boysenberry soup | Blackcurrant kissel | Blueberry quark | Rose hip kissel | Berry kissel | Chocolate kissel | Yogurt | |