

Home services' meals spring 2018

Week 2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 9 14 19 24 29	Black pepper beef Potatoes Side vegetables Fruit nectar	Beef a la Lindström Potato mash Brown sauce Side vegetables Salad	Chicken meatballs Whole grain rice Curry sauce Side vegetables Cucumber	Meat-cabbage casserole Side vegetables Lingonberry compote	Salmon soup Cheese Tomato	Pork meat sauce Whole grain barley Side vegetables Salad	Ground liver patties Cooked onions Cream sauce Potato mash Lingonberry compote
5 10 15 20 25 30	Beef-potato casserole Side vegetables Fruit nectar	Barley porridge Cold cut Sliced cucumber	Minced meat sauce Whole wheat pasta Side vegetables Salad	Vegetable purée soup Karelian pasty Cheese Tomato	Fish patties Potatoes Chive sauce Side vegetables Sliced beetroot	Chicken casserole Side vegetables Apple	Oven baked salmon Potatoes Dill sauce Side vegetables Sliced cucumber
1 6 11 16 21 26 31	Smoked reindeer-potato casserole Side vegetables Pickled cucumber	Beef steak stew Potatoes Side vegetables Tomato	Chicken-coconut sauce Whole grain rice Side vegetables Fruit-vegetable drink Blackcurrant jam	Vegetable balls Potatoes Herb sauce Side vegetables Salad	Meat soup Cheese Apple	Oven fish Potatoes Side vegetables Sliced cucumber	Meatloaf Sweet potato-potato mash Brown sauce Side vegetables Salad
2 7 12 17 22 27 32	Potato soup Mushroom salad Meat pie Fruit nectar	Rose hip chicken Whole grain rice Side vegetables Pear	Fish gratin Bordelaise Potato mash Chive sauce Side vegetables Salad	Liver-bacon sauce Potatoes Side vegetables Fruit nectar	Chicken fricassee Whole grain rice Side vegetables Cucumber	Vegetable patties Potatoes Cheese-herb sauce Side vegetables Salad	Karelian stew Potatoes Carrot casserole Tomato
3 8 13 18 23 28 33	Wheat semolina porridge Cheese Fruit	Rainbow trout loaf Potato mash Chive sauce Side vegetables Fruit nectar	Burger patties Potatoes Brown sauce Side vegetables Salad	Oven sausage Cheese-potato fry Cream sauce Side vegetables Tomato Mustard relish	Chicken ragout Whole grain rice Side vegetables Sliced cucumber	Salmon casserole Side vegetables Sliced beetroot	Sautéed game Potato mash Side vegetables Lingonberry compote
	Raspberry soup	Berry kissel	Cinnamon bun	Peach quark	Berry soup	Blackcurrant porridge	Yogurt