

Week 2018		Monday	Tuesday	Wednesday	Thursday	Friday
4 9 14 19 24 29	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
5 10 15 20 25 30	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
1 6 11 16 21 26 31	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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2 7 12 17 22 27 32	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	
	3 8 13 18 23 28 33	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.