




**2018 VALID IN WEEKS: 44 ja 49**

**2019 VALID IN WEEKS: 2, 7, 12, 17, 22 ja 27**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	Cereal Berry soup Pear	Four grain flake gruel Cucumber	Organic oat porridge Berry puree Tomato	Rye flake gruel Rutabaga bites	Wheat flake porridge Pear puree Pepper	Organic barley flake porridge Berry soup Tangerine	Yogurt Pear Cucumber
<b>Lunch</b>	<b>Chicken meatballs</b>  Potatoes Curry sauce Salad Roasted onion	<b>Spinach-cottage cheese balls</b> Potatoes Chive sauce Salad	<b>Salmon soup</b> Cottage cheese Cold cut Cucumber Rye bread	<b>Chicken-vegetable sauce</b>  Multi grain rice Salad Sweet chili sauce	<b>Meat-macaroni stew</b>  Pea-corn-carrot mix Grated carrot	<b>Beef a la Lindström</b> Potato mash Brown sauce Gardener's mix Salad	<b>Oven baked salmon</b> Potatoes Dill sauce Baby carrots Salad
<b>Snack</b>	Apple kissel Yogurt Pepper	Crepes Strawberry jam	Minced meat pizza Tangerine	Fruit salad Cheese	Apple-cinnamon kissel Tomato	Rose hip quark Cream cheese Cucumber	Mango kissel
<b>Dinner</b>	<b>Potato soup</b> Cheese Cucumber	<b>Liver casserole</b> Lingonberry compote Vegetable mix Cheese Salad	<b>Minced meat bar</b> Potatoes Brown sauce Salad	<b>Wheat semolina porridge</b> Cinnamon and sugar Pepper Rye bread	<b>Carrot puree soup</b> Vatrushka Cucumber	<b>Meatballs</b> Potato mash Brown sauce Salad	<b>Cheese-vegetable soup</b> Savory pasty Tomato











**Heart symbol meal**

Additionally, rye bread, crispbread, margarine, skimmed milk and sour milk are served with meals. The eating habits of 1- to 3-year-olds are taken into account.

Changes to the menu are possible due to holidays, themes and the availability of foodstuffs for example. The staff of Polka catering service help you with dietary matters.

**2018 VALID IN WEEKS: 45 ja 50**  
**2019 VALID IN WEEKS: 3, 8, 13, 18, 23 ja 28**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	Rice flake gruel Apple	Organic oat porridge Peach puree Cucumber	Organic rye flake porridge Apple puree Pepper	Organic four grain flake porridge Tomato	Yogurt Muesli Tomato	Milk curd Pear puree Cheese Pepper	Wheat flake porridge Berry puree Banana
<b>Lunch</b>	<b>Minced meat sauce</b>  Pasta Salad	<b>Oven sausage</b> Cheese-potato fry Mustard relish Cream sauce Salad, roasted onion	<b>Spinach soup</b> Egg Carrot bites Organic rye bread	<b>Chicken casserole</b>  Salad Salad seeds	<b>Fish fingers</b>  Potato mash/ potatoes Tartar sauce/ Dill sauce Grated carrot	<b>Meatloaf</b> Potatoes Cream sauce Herb carrots Salad	<b>Beef steak stew</b>  Potatoes Rutabaga/carrot cubes Salad
<b>Snack</b>	Ice cream Flatbread Cucumber	Cauliflower, broccoli, cucumber, dip	Rose hip-apple kissel Quark Garden lettuce Cold cut	Milk kissel Berry puree Turnip bites	Fruit smoothie Tomato	Strawberry kissel Tomato	Raspberry kissel
<b>Dinner</b>	<b>Soup of two fish</b>  Potato flatbread	<b>Vegetable puree soup</b> Karelian pasty Egg butter	<b>Fish patties</b>  Potato mash Chive sauce Salad	<b>Tomato-minced meat soup</b>  Cheese Cucumber	<b>Pork sausage soup</b> Grated carrot	<b>Chicken soup</b>  Flatbread Cucumber	<b>Barley porridge</b> Berry soup Cold cut Pepper









**Heart symbol meal**

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**2018 VALID IN WEEKS: 46 ja 51**

**2019 VALID IN WEEKS: 4, 9, 14, 19, 24 ja 29**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	Organic oat porridge Salad Cucumber	Cocoa Egg Tomato Rye bread	Wheat flake porridge Berry mix	Organic barley flake gruel Cheese Tomato	Organic four grain flake porridge Peach puree Carrot	Rice flake porridge Pear	Yogurt Cold cut Cucumber
<b>Lunch</b>	<b>Chicken-coconut sauce</b> Whole grain rice Salad Blackcurrant jam	<b>Carrot balls</b> Potatoes Cheese sauce Salad Roasted onion	<b>Lasagnette</b> Grated carrot	<b>Oven fish from saithe</b> Potatoes Salad	<b>Meat soup</b>  <b>/Potato soup</b> Cream cheese Pepper Multigrain bread Liver sausage	<b>Karelian style meat stew</b>  Potatoes Carrot casserole Salad	<b>Rose hip chicken</b>  Whole grain rice Salad
<b>Snack</b>	Cereal Berry soup Apple	Meat pie Turnip bites	Whipped porridge with vanilla Cauliflower	Grapes Pear Watermelon Bread roll	Yogurt Blueberries	Redcurrant kissel Ice cream	Fruit quark
<b>Dinner</b>	<b>Fish solyanka</b>  Cheese Cucumber	<b>Pork meat-potato casserole</b>  Salad	<b>Rice porridge</b> Cinnamon and sugar Tomato	<b>Minced meat soup</b>  Pepper	<b>Ham casserole</b> Salad	<b>Salmon soup</b> Cucumber	<b>Vegetable puree soup</b> Karelian pasty Egg butter










**Heart symbol meal**

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**2018 VALID IN WEEKS: 47 ja 52**  
**2019 VALID IN WEEKS: 5, 10, 15, 20, 25 ja 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>	Organic rye flake porridge Cold cut	Milk curd Apple puree Cucumber Mini multi grain bread	Organic oat porridge Berry puree Carrot bites	Wheat semolina gruel Tomato	Organic four grain flake porridge Tangerine	Cereal Berry soup Tomato	Rice flake gruel Tangerine
<b>Lunch</b>	<b>Italian stew</b>  Grated cheese Salad	<b>French style fish</b>  Potatoes Chive sauce Salad	<b>Cheese-chicken-vegetable soup</b>  <b>/Vegetable puree soup</b> Salad seeds Garden lettuce Multigrain bread Cheese	<b>Tomato-minced meat-potato casserole</b>  Gardener's mix Salad Pumpkin cubes	<b>Spinach pancakes</b> Potato mash Cottage cheese Salad Lingonberry compote	<b>Fish loaf</b> Potatoes Dill sauce Vegetable mix Salad	<b>Sautéed game</b>  Potato mash Carrot-pea mix Salad Lingonberry compote
<b>Snack</b>	Pineapple kissel	Bread roll Cheese Tomato	Whipped strawberry porridge	Berry pie	Peach kissel	Strawberry-pineapple quark	Ice cream
<b>Dinner</b>	<b>Wheat semolina porridge</b> Tomato Cold cut	<b>Pumpkin puree soup</b> Cheese Cucumber	<b>Minced meat-potato mash casserole</b>  Baby carrots Salad	<b>Spinach soup</b> Egg Tomato	<b>Chicken nuggets</b> Potato mash Cucumber Tomato	<b>Meat soup</b>  Cheese Cucumber	<b>Potato soup</b> Vatrushka Tomato











**Heart symbol meal**

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**2018 VALID IN WEEKS: 48**  
**2019 VALID IN WEEKS: 1, 6, 11, 16, 21 ja 26**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	Wheat flake porridge Berry soup Tomato	Organic rye flake porridge Garden lettuce Bread roll Cucumber	Rice flake porridge Cinnamon and sugar Tomato	Cocoa Egg Bread roll Cucumber	Organic four grain flake porridge Banana Cold cut	Cereal Berry soup Apple	Wheat flake porridge Tomato
<b>Lunch</b>	<b>Burger patties</b>  Potatoes Brown sauce Salad	<b>Vegetable frankfurter ragout</b> Potatoes Pea-corn mix Salad	<b>Chicken paella</b>  Salad Salad seeds	<b>Sweet potato soup / Barley porridge</b> Organic rye bread Liver sausage Cold cut Tomato	<b>Salmon casserole</b>  Baby carrots Salad	<b>Vegetable patties</b>  Potato mash Cream sauce Baby carrots Salad	<b>Black pepper beef</b>  Potatoes Colourful carrots Salad
<b>Snack</b>	Blueberry quark	Rose hip kissel	Karelian pasty Egg butter Pear	Berry kissel	Chocolate kissel	Orange-tangerine kissel Cucumber	Strawberry quark mousse
<b>Dinner</b>	<b>Tomato soup</b> Mini meat pie	<b>Creamy chicken-soup</b> Cucumber	<b>Cauliflower-cheese soup</b> Tomato	<b>Chicken ragout</b>  Whole grain rice Cucumber Tomato	<b>Tomato-minced meat soup</b>  Cheese Cucumber	<b>Frankfurter soup</b>  Tomato	<b>Rainbow trout soup</b> Cucumber



**Heart symbol meal**

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