

JOENSUU DAY CARE CENTRES 2018

Week 2018		Saturday	Sunday
4 9 14 19 24 29	BRKF	Rice flake porridge, cheese, fresh bite	Yogurt, cold cut, fruit
	LUNCH	Ground liver patties, potato mash, cream sauce, side vegetables Iceberg lettuce-pepper-zucchini salad	Oven baked salmon, potatoes, dill sauce, side vegetables Chinese cabbage-cucumber-pickled pumpkin salad
	SNACK	Rose hip kissel	Mango kissel
	DINNER	Meat balls, potato mash, cream sauce, tomato wedges	Vegetable soup with cheese, salmon vatrushka, sliced cucumber
5 10 15 20 25 30	BRKF	Milk curd, cheese, fresh bite	Wheat flake porridge, kissel, cold cut, vegetables
	LUNCH	Meat loaf, potatoes, cream sauce, side vegetables carrot-pineapple salad	Beef steak stew, potatoes, side vegetables Beetroot-cabbage-leek salad
	SNACK	Apple-cinnamon kissel	Strawberry kissel
	DINNER	Clear chicken soup, potato flatbread, cucumber	Organic barley porridge, cold cut, sliced pepper, berry soup
1 6 11 16 21 26 31	BRKF	Rice flake porridge, spread, cheese, fruit	Yogurt, cold cut, vegetables
	LUNCH	Karelian stew, potatoes, carrot casserole Iceberg lettuce-pepper-cottage cheese salad	Rose hip chicken, potato mash, side vegetables Chinese cabbage-iceberg lettuce-zucchini-cucumber salad
	SNACK	Redcurrant kissel + ice cream	Fruit quark
	DINNER	Salmon soup, sliced cucumber, cheese	Vegetable purée soup, Karelian pasty, egg butter



JOENSUU DAY CARE CENTRES 2018

Week 2018		Saturday	Sunday
2 7 12 17 22 27 32	BRKF	Wheat semolina porridge, cold cut, fresh bite	Milk curd, cold cut, vegetables
	LUNCH	Fish loaf, potato mash, chive sauce, side vegetables	Sautéed game, potato mash, side vegetables
		Chinese cabbage-cucumber- pickled pumpkin salad	Iceberg lettuce-tomato-egg salad
	SNACK	Strawberry-pineapple quark	Ice cream
	DINNER	Minced meat soup, cucumber, cheese	Potato soup, vatrushka, cold cut, sliced tomato
3 8 13 18 23 28 33	BRKF	Cereal, kissel, cold cut, fruit	Wheat flake porridge, spread, cheese, fruit
	LUNCH	Beef a la Lindström, potato mash, brown sauce, side vegetables	Black pepper beef, potatoes, side vegetables
		Chinese cabbage-cucumber-honey dew melon salad	Iceberg lettuce-zucchini-melon salad
	SNACK	Redcurrant kissel	Quark mousse
	DINNER	Potato soup, cold cut, sliced tomato	Fish soup, cold cut, sliced tomato



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.