

HOIVAOSASTON RUOKALISTA 2017 - 2018 – 30/2019

(health centre wards and Siilainen hospital)

2018 VALID IN WEEKS: 44 ja 49 2019 VALID IN WEEKS: 2, 7, 12, 17, 22 ja 27							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Wheat flake porridge, cheese, plum puree, tomato	Organic oat porridge Cheese, cucumber Apple puree	Rice flake porridge Sausage cold cut Peach puree Tomato	Rye flake porridge Cold cut Pear puree Cucumber	Barley flake porridge Cold cut Gefilus juice Tomato	Four grain porridge Cheese Strawberry puree	Oat gruel Cold cut Rose hip puree Cucumber
Lunch	Chicken meatballs Potatoes Curry sauce Vegetable mix	Vegetable balls Potatoes Chive sauce Pea-corn-carrot mix	Stuffed cabbage rolls Potatoes Brown sauce Lingonberry compote	Chicken-vegetable sauce Multi grain rice Vegetable mix	Meat-macaroni casserole Tomato sauce, side vegetables	Beef a la Lindström Potato mash Brown sauce Gardener's vegetable mix	Oven baked salmon Potatoes Dill sauce Baby carrots
Salad	Iceberg lettuce- tomato-cucumber- zucchini salad	Cheese-vegetable salad	Iceberg lettuce- zucchini-melon salad	Chinese cabbage- pineapple-pea salad	Grated carrot	Iceberg lettuce- pepper-zucchini salad	Chinese cabbage- cucumber-pickled pumpkin salad
Coffee	Raspberry-blueberry braid loaf	Crepes and jam	Marble cake	Cinnamon bun	Swiss roll	Rhubarb pie	Chocolate Swiss roll
Dinner	Potato soup Barley groat flatbread	Liver casserole Vegetable mix Lingonberry compote Beetroots	Salmon soup	Wheat semolina porridge Meat jelly	Carrot soup Vatrushka Cold cut	Barley porridge Cold cut	Cheese-vegetable soup Salmon vatrushka
Dessert	Layered dessert	Raspberry-pear kissel	Raspberry-blueberry kissel	Fruit salad	Rose hip quark	Apple-cinnamon kissel	Mango kissel
Bedtime snack	Raspberry-pear kis- sel, cold cut	Yoghurt Meat jelly	Organic raw porridge Cheese	Raspberry-blueberry kissel Cold cut	Fruit salad Egg	Rose hip quark Cheese	Apple-cinnamon kissel Cheese

Changes to the menu are possible due to holidays etc.

HOIVAOSTON RUOKALISTA 2017 - 2018 – 30/2019

(health centre wards and Siilainen hospital)

2018 VALID IN WEEKS: 45 ja 50 2019 VALID IN WEEKS: 3, 8, 13, 18, 23 ja 28							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Barley flake porridge Cheese Plum puree Tomato	Four grain flake porridge Cold cut Apple puree	Rye flake porridge Cheese Peach puree Tomato	Wheat flake porridge Cold cut Pear puree Cucumber	Rice flake porridge Sausage cold cut Rose hip puree Tomato	Organic oat porridge Cheese Strawberry	Wheat semolina gruel Cold cut, tomato Gefilus juice Apple puree
Lunch	Minced meat sauce Pasta Side vegetables	Oven sausage Cheese-potato fry, mustard relish Cream sauce Sliced carrot	Fish patties Potato mash Chive sauce Side vegetables	Chicken casserole Side vegetables	Sailor's cod fillet Potato mash Tartar sauce Pea-corn mix	Meat loaf Potatoes Cream sauce Herb carrots	Beef steak stew Potatoes Side vegetables
Salad	Cabbage-pumpkin salad	Chinese cabbage- cucumber-pepper salad	Chinese cabbage- cucumber-melon salad	Iceberg lettuce- zucchini-radish salad	Grated carrot	Iceberg lettuce- zucchini-tomato salad	Beetroot-cabbage- leek salad
Coffee	Strawberry braid loaf	Gingerbread Bundt cake	Blueberry pie	Cardamom braid loaf	Yoghurt cake	Carrot cake	Marble cake
Dinner	Soup of two fish Potato flatbread	Vegetable puree soup Karelian pasty Egg butter	Spinach soup Egg	Tomato-minced meat soup	Pork sausage soup	Clear chicken soup Potato flat bread	Organic barley porridge Cold cut
Dessert	Apricot kissel	Berry quark	Rose hip-apple kissel	Milk kissel Berry puree	Whipped apricot porridge	Strawberry kissel	Raspberry kissel
Bedtime snack	Mango kissel Cold cut	Whipped berry porridge Cold cut	Strawberry quark Cheese	Rose hip-apple kissel Cold cut	Berry kissel Cheese	Whipped apricot porridge Cold cut	Strawberry kissel Cheese

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HOIVAOSTON RUOKALISTA 2017 - 2018 – 30/2019

(health centre wards and Siilainen hospital)

2018 VALID IN WEEKS: 46 ja 51

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Rye flake porridge Cheese Peach puree Cucumber	Barley flake porridge Sausage cold cut Plum puree Tomato	Organic oat porridge Cold cut Gefilus juice Cucumber	Rye flake porridge Sausage cold cut Apple puree Tomato	Graham wheat porridge Cheese Berry puree	Wheat flake porridge Cold cut, cucumber Pear puree	Wheat semolina gruel Cold cut Plum puree Tomato
Lunch	Chicken-coconut sauce, whole grain rice Side vegetables Blackcurrant jam	Vegetable balls Potatoes Cheese sauce Broccoli-cauliflower-carrot mix	Lasagnette Side vegetables	Oven fish from saithe Potatoes Side vegetables	Meat-cabbage casserole Carrot-bean mix Lingonberry compote	Karelian stew Potatoes Carrot casserole	Rose hip chicken Potato mash Side vegetables
Salad	Colourful Chinese cabbage salad	Iceberg lettuce-cucumber-cantaloupe melon salad	Grated carrot	Tomato-leek salad Green salad	Iceberg lettuce-zucchini-tomato salad	Iceberg lettuce-pepper-cottage cheese salad	Chinese cabbage-iceberg lettuce-zucchini-cucumber salad
Coffee	Apple braid loaf	Bundt cake	Muffin	Gingerbread Bundt cake	Apple pie	Swiss roll	Mocha-cocoa cake
Dinner	Fish solyanka	Pork meat-potato casserole, melted butter Beetroots	Minced meat soup	Rice porridge Pork meat and potato loaf in rye-wheat crust	Potato soup Meat jelly	Salmon soup	Vegetable puree soup Karelian pasty Egg butter
Dessert	Fruit kissel	Yoghurt	Whipped porridge with vanilla cream	Cranberry kissel	Whipped blackcurrant porridge	Redcurrant kissel	Fruit quark
Bedtime snack	Yoghurt Cheese	Fruit kissel Cold cut	Mango quark Cold cut	Whipped porridge Liver sausage	Berry kissel Cold cut	Whipped blackcurrant porridge Cheese	Redcurrant kissel Cold cut

Changes to the menu are possible due to holidays etc.

HOIVAOSTON RUOKALISTA 2017 - 2018 – 30/2019

(health centre wards and Siilainen hospital)

2018 VALID IN WEEKS: 47 ja 52

2019 VALID IN WEEKS: 5, 10, 15, 20, 25 ja 30

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Wheat flake porridge Peach puree Cheese, cucumber	Organic oat porridge Cold cut, tomato Apple puree	Four grain porridge Cold cut, cucumber Gefilus juice	Rye flake porridge Cheese, cucumber Pear puree	Rice flake porridge Cold cut, cucumber Pear puree	Barley flake porridge Cheese Strawberry	Wheat semolina gruel Cold cut, tomato Rose hip puree
Lunch	Gourmand's beef stew Potatoes Baby carrots	French style fish Potatoes Chive sauce Carrot-corn mix	Chicken fricassee Whole grain rice Broccoli	Minced meat-potato mash casserole Melted butter sauce Gardener's vegetable mix	Carrot-vegetable patties , potato mash Cheese-herb sauce Roasted root vegetables Cottage cheese	Fish loaf Potatoes Dill sauce Broccoli-carrot mix	Sautéed game Potato mash Carrot-pea mix Lingonberry compote
Salad	Chinese cabbage-coleslaw salad	Beetroot-apple-chive salad	Iceberg lettuce-zucchini-tomato salad	Chinese cabbage-zucchini-corn salad	Iceberg lettuce-pepper-zucchini salad	Beetroot-cabbage salad	Iceberg lettuce-tomato-egg salad
Coffee	Strawberry braid loaf	Bundt cake	Apple braid loaf	Berry pie	Gingerbread Bundt cake	Swiss roll	Carrot cake
Dinner	Wheat semolina porridge Liver sausage	Pumpkin puree soup Cold cut	Spinach soup Egg	Cheese-chicken-vegetable soup	Beef-potato casserole Beetroots	Meat soup	Potato-parsnip puree soup Vatrushka Liver sausage
Dessert	Pineapple kissel	Whipped strawberry porridge	Blueberry kissel	Lingonberry-rye porridge	Peach kissel	Strawberry-pineapple quark	Blackcurrant kissel
Bedtime snack	Fruit quark Cold cut	Pineapple kissel Cheese	Whipped strawberry porridge, cheese	Blueberry kissel Cold cut	Lingonberry-rye porridge Cheese	Berry mix with sauce, cold cut	Strawberry-pineapple quark, Cold cut

Changes to the menu are possible due to holidays etc.

HOIVAOSTON RUOKALISTA 2017 - 2018 – 30/2019
(health centre wards and Siilainen hospital)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Organic oat porridge Cheese Tomato Apricot puree	Graham wheat porridge Sausage cold cut Peach puree	Rice flake porridge Cheese Tomato Plum puree	Rye flake porridge Sausage cold cut Cucumber Gefilus juice	Barley flake porridge Cheese Tomato Rose hip puree	Wheat flake porridge Cold cut Berry puree	Wheat semolina gruel Cold cut Tomato Pear puree
Lunch	Burger patties Potatoes, gravy Broccoli-cauliflower mix	Vegetarian frankfurter ragout Potatoes Carrot-bean mix	Chicken ragout Potatoes Broccoli-cauliflower- carrot mix	Pork meat sauce Potatoes Rutabaga-carrot mix	Salmon casserole Baby carrots	Ground liver patties onions, potato mash Cream sauce Lingonberry compote	Black pepper beef Potatoes Colourful carrots
Salad	Iceberg lettuce- zucchini-tomato- salad	Carrot-pineapple salad	Chinese cabbage- red cabbage- melon-pea salad	Iceberg lettuce- cucumber-honeydew melon salad	Cabbage-vinaigrette salad	Caesar-zucchini- pepper salad	Iceberg lettuce- zucchini-melon salad
Coffee	Strawberry braid loaf	Bundt cake	Gingerbread Bundt cake	Raspberry-blueberry braid loaf	Swiss roll	Blueberry pie	Mocha-cocoa cake
Dinner	Tomato soup Meat pie	Creamy chicken soup	Cauliflower- cheese soup Meat jelly	Barley porridge Cold cut	Tomato-minced meat soup	Frankfurter soup	Rainbow trout soup
Dessert	Blueberry quark	Rose hip kissel	Berry mix and vanilla sauce	Berry kissel	Chocolate kissel	Orange- tangerine kissel	Talkkuna- lingonberry quark
Bedtime snack	Blackcurrant kissel Cheese	Blueberry quark Cold cut	Rose hip kissel Cold cut	Yoghurt Cheese	Berry kissel Cold cut	Berry soup Cheese	Orange- tangerine kissel Cheese

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