

Home services' meals LIEKSA 2018 - 2019

Week 2018	Week 2019	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
44 49	2	Chicken meatballs	Vegetable balls	Stuffed cabbage rolls	Chicken-vegetable sauce	Carrot soup	Beef a la Lindström	Oven baked salmon
	7	Potatoes	Potatoes	Potatoes	Whole grain rice	Vatrushka	Potato mash	Potatoes
	12	Curry sauce	Chive sauce	Brown sauce	Side vegetables	Cheese	Brown sauce	Dill sauce
	17	Side vegetables	Side vegetables	Salad	Salad	Tomato	Side vegetables	Side vegetables
	22	Salad	Salad	Lingonberry compote			Salad	Salad
	27	Layered dessert	Crepes and jam	Raspberry-blueberry kissel	Fruit salad	Rose hip quark	Apple-cinnamon kissel	Greek yogurt
45 50	3	Minced meat sauce	Oven sausage	Spinach soup	Chicken casserole	Fish fillet	Meat loaf	Beef steak stew
	8	Whole grain pasta	Cheese-potato fry	Egg	Side vegetables	Potato mash	Potatoes	Potato mash
	13	Side vegetables	Cream sauce	Salad	Salad	Tartar sauce	Cream sauce	Side vegetables
	18	Salad	Mustard relish			Side vegetables	Side vegetables	Salad
	23		Side vegetables, salad			Salad	Salad	
	28	Apricot kissel	Strawberry quark	Rose hip-apple kissel	Milk kissel Berry puree	Whipped apricot porridge	Strawberry kissel	Fruit-vanilla kissel
46 51	4	Chicken-coconut sauce	Vegetable balls	Minced meat soup	Oven fish	Meat-cabbage casserole	Karelian stew	Rose hip chicken
	9	Whole grain rice	Potatoes	Vatrushka	Potatoes	Side vegetables	Potatoes	Potato mash
	14	Side vegetables	Cheese sauce	Cheese	Side vegetables	Salad	Carrot casserole	Side vegetables
	19	Salad	Side vegetables	Salad	Salad	Salad	Tomato	Salad
	24	Blackcurrant jam	Salad			Lingonberry compote		
	29	Fruit kissel	Yogurt	Pancakes and jam	Cranberry kissel	Blackcurrant porridge	Redcurrant kissel	Quark mousse
47 52	5	Gourmand's beef stew	French style fish	Cheese-chicken-vegetable soup	Minced meat-potato mash casserole	Vegetable patties	Fish loaf	Sautéed game
	10	Potatoes	Potatoes	Cold cut	Melted butter sauce	Potato mash	Potatoes	Potato mash
	15	Side vegetables	Chive sauce	Salad	Side vegetables	Cheese-herb sauce	Dill sauce	Side vegetables
	20	Salad	Side vegetables		Salad	Roasted root vegetables	Side vegetables	Lingonberry compote
	25		Salad			Cottage cheese	Sliced beetroot	Salad
	30					Salad		
		Pineapple kissel	Strawberry porridge	Blueberry kissel	Berry pie	Peach kissel	Strawberry-pineapple quark	Apple-cinnamon raw porridge
48	1	Burger patties	Vegetable frankfurter ragout	Chicken ragout	Barley porridge	Salmon casserole	Ground liver patties	Black pepper beef
	6	Potatoes	Potatoes	Whole grain rice	Cold cut	Side vegetables	Cooked onions	Potatoes
	11	Brown sauce	Potatoes	Side vegetables	Salad	Salad	Potato mash	Side vegetables
	16	Side vegetables	Side vegetables	Salad			Brown sauce	Tomato
	21	Salad	Salad				Side vegetables, salad	
	26					Lingonberry compote		
		Blueberry quark	Rose hip kissel	Berry mix, vanilla sauce	Berry kissel	Chocolate kissel	Redcurrant kissel	Whipped porridge