

Spring 2019	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>7</b> <b>13</b> <b>25</b>	Turkey meat-tomato sauce (*, A, L, M)  Vegetable-cheese sauce (*, A, G, L)  Whole wheat pasta (L, M)	Soy meat-potato mash casserole (*, A, G, L)  Vegetable moussaka (*, A, G, L)	Chicken meatballs in curry sauce (A, L)  Vegetable croquettes (G, L, M, Veg, VS)  Steamed rice (G, L, M)	Saithe soup (*, A, G, L)  Carrot puree soup (*, A, G, L)  Berry yoghurt (G, L, A)	Mustard-pork meat stew (*, A, L)  Chickpea-vegetable ragout (*, G, L, M, Veg)  Boiled potatoes (G, L, M)
<b>WEEK</b> <b>2</b> <b>8</b> <b>14</b> <b>20</b>	Chicken in basil sauce (*, A, G, L, VS)  Lentil-vegetable sauce (*, A, G, L)  Boiled potatoes (G, L, M)	Meat-macaroni casserole from organic pasta (*, A, L)  Fava bean-macaroni casserole (*, A, L)	Fun fish fillets (A, L, M)  Beetroot patties (*, A, G, L, M, Veg)  Dill-sour cream sauce (G, L)  Boiled potatoes (G, L, M)	Sausage soup (A, L, M, G)  Vegetable minestrone (*, A, L, M, Veg, VS)  Strawberry quark (G, L, A)	Vegetables in curry sauce (G, L, M, Veg)  Organic tofu and vegetables in soy sauce (*, A, G, L, M, Veg)  Steamed rice (G, L, M)
<b>3</b> <b>9</b> <b>15</b> <b>21</b>	Pork meat-root vegetable stew (*, A, L, M)  Vegetable sauce with smetana (*, A, G, L, VS)  Boiled potatoes (G, L, M)	Turkey meat-pasta casserole (*, A, L)  Vegetable-chickpea pasta casserole (*, A, L)	Fish balls (*, A, G, L, M)  Beetroot croquettes (*, G, L, M, Veg)  Dill sauce (A, G, L)  Boiled potatoes (G, L, M)	Barley groat porridge (*, A, L)  Berry kissel (G, L, M)	Chicken-coconut sauce (*, A, G, L)  Oriental soy-bean stew (*, A, G, L, M, Veg)  Steamed rice (G, L, M)
<b>4</b> <b>16</b> <b>22</b>	Tomato-minced meat sauce (*, A, L, M)  Bean-vegetable sauce (*, A, G, L)  Boiled potatoes (G, L, M)	Lentil-pasta casserole (*, A, L)  Gardener's spaghetti casserole (*, A, L, M, Veg)	Oven sausage (G, L, M)  Vegetable patties (*, G, L, M, Veg)  Potato mash (A, G, L)	Chicken soup (*, A, G, L)  Cheese-vegetable soup (*, A, G, L)  Mango yoghurt (A, G, L)	Fish curry (*, A, L)  Chickpea-cauliflower curry (*, G, L, M, Veg, VS)  Steamed rice (G, L, M)
<b>5</b> <b>11</b> <b>17</b> <b>23</b>	Chicken and vegetables in soy sauce (*, A, G, L, M)  Chili sin carne (*, A, G, L, M, Veg)  Steamed rice (G, L, M)	Fish-potato casserole (*, A, L)  Vegetable-chickpea casserole (*, A, G, L, VS)	Meatballs in brown sauce (A, L)  Falafels (G, L, M, Veg, VS)  Boiled potatoes (G, L, M)	Curry-vegetable soup with barley (*, A, L, M, Veg)  Potato-leek puree soup (*, A, G, L)  Tangerine quark (A, G, L)	Tomato-ham sauce (*, A, L)  Zucchini-cheese sauce (*, A, G, L)  Whole wheat pasta (L, M)
<b>6</b> <b>12</b> <b>18</b> <b>24</b>	Chicken in curry sauce (*, A, G, L)  Organic tofu and vegetable wok (*, A, G, L, M, Veg)  Steamed rice (G, L, M)	Tuna-pasta casserole (*, A, L)  Vegetable-pasta casserole (*, A, L)	Spinach pancakes (A, L)  Potato mash (A, G, L)  Lingonberry jam (G, L, M)  Creamy black salsify puree soup (A, G, L, VS)	Pea soup (*, A, G, L, M)  Vegetable-pea soup (*, A, G, L, M, Veg)	Frankfurter sauce (A, L, M)  Bean-lentil curry (*, G, L, M, Veg, VS)  Boiled potatoes (G, L, M)

VL = Low lactose

L = Lactose free

G = Gluten free

M = Milk free

\* = Healthy choice

A = Contains allergens

Veg = Vegan

VS = Contains fresh garlic