

Schools, school year 2018–2019

Week 2018	Monday	Tuesday	Wednesday	Thursday	Friday	Week 2019
44 49	Chicken meatballs Potatoes Curry sauce Vegetable moussaka Iceberg lettuce-tomato-cucumber-zucchini salad Roasted onion	Vegetable sauce Tikka Masala Vegetable-feta patties Potatoes Devil's sauce Cheese-vegetable salad	Salmon soup Tomato soup + cottage cheese Cold cut Sliced cucumber Rye bread Raw porridge	Chicken-vegetable sauce Rice-multi grain mix Soy-vegetable fry Chinese cabbage-pineapple-domestic pea salad	Meat-macaroni casserole Fava bean pomodo Potatoes Grated carrot	2 7 12 17 22
45 50	Minced meat sauce Whole grain pasta Feta-vegetable fry Cabbage-pumpkin salad	Oven sausage Couscous patties Cheese-potato fry Mustard relish Chinese cabbage-cucumber-pepper salad Roasted onion	Spinach soup Egg Heart healthy porridge Carrot sticks Organic rye bread Rose hip-apple kissel	Chicken casserole Oriental vegetable sauce Whole grain rice Iceberg lettuce-zucchini-radish salad Salad seeds	Fish fingers Potato mash Tartar sauce Vegetable paella Grated carrot	3 8 13 18
46 51	Chicken-coconut sauce Whole grain rice Vegetable tex mex Colourful Chinese cabbage salad Blackcurrant jam	Carrot balls Potatoes Cheese sauce Beetroot-tofu fry Iceberg lettuce-cucumber-cantaloupe melon salad Roasted onion	Lasagnette Thai vegetable curry Rye-rice mix Grated carrot	Oven fish Potatoes Bean-spaghetti stew Tomato-leek salad Caesar salad mix OR salad mix	Meat soup Potato soup Cream cheese Sliced pepper Multigrain bread Natural yogurt + peach puree	4 9 14 19
47 52	Italian stew Grated cheese Soy-vegetable hash Chinese cabbage-coleslaw salad	French style fish Potatoes Chive sauce Lentil-root vegetable ragout Beetroot-apple-chive salad	Cheese-chicken-vegetable soup Vegetable puree soup (seeds) Cheese Lettuce Wheat bran bread Fruit	Tomato-minced meat-potato casserole Beetroot balls Sweet potato-potato mash Chinese cabbage-zucchini-corn salad	Spinach pancakes Carrot patties (potato mash) Potato salad Iceberg lettuce-pepper-zucchini salad + cottage cheese Lingonberry compote	5 10 15 20
48	Beef burger patties Potatoes Brown sauce Vegetable-noodle casserole Iceberg lettuce-zucchini-tomato salad	Vegetable patties Oven potato Tomato salsa Cream cheese Carrot-pineapple salad	Chicken paella Chili con soy Potatoes Chinese cabbage/red cabbage-honey dew melon-pea salad Salad seeds	Barley porridge Sweet potato soup Sliced tomato Liver sausage Organic rye bread Kissel from local berries	Salmon casserole Vegetable frankfurter ragout Potatoes Cabbage-vinaigrette salad	1 6 11 16 21