

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Pasta Palermo Vegetable Palermo Marinated cabbage salad Iceberg lettuce Tomato wedges	Tex mex rainbow trout casserole Vegetable casserole Beetroot-apple salad Garden lettuce	Rice porridge Berry mix soup Cheese-tomato soup Smoked ham/Cheese Iceberg lettuce Tomato slices Lentil-cauliflower-couscous salad	Burger patties or beef a la Lindström Beetroot patties or vegetable-bean croquettes Potatoes Brown sauce Grated carrot	Meat soup Lentil-root vegetable soup Cream cheese Lingonberry mousse or fruit quark Blueberry-onion salad Corn
VP	Multigrain bread, cheese, fresh bite	Karelian pasty, fresh bite, orange juice	Apple-strawberry kissel, rye bread, cheese slices	Multigrain bread roll, cold cut, fresh bite, ice cream stick	Rye bread, whipped berry porridge
2	Minced meat-potato casserole Coconut-vegetable soup Iceberg lettuce Salad vegetables Beetroot salad	Chicken in mango sauce Chickpea-vegetable curry Cooked barley or rice-grain mix Grated kohlrabi-carrot	Fish balls Vegetable patties Potatoes Sour cream sauce Cauliflower-blackcurrant salad Tomato dices	Spinach pancakes Ham-potato salad Tomato-vegetable pasta Grated carrot Garden lettuce Lingonberry compote	Gourmand's sausage soup Cauliflower soup Chocolate kissel Iceberg lettuce/red cabbage Cucumber cubes Pickled pumpkin Cottage cheese Vegetable mix and dip
VP	Ham pizza, fruit	Layered kissel, crispbread, fresh bite	Fruit salad, rye sandwich, cheese	Berry quark, multigrain bread, cold cut	
3	Crunchy fish fillet Carrot balls Potato mash Tartar sauce Garden lettuce/Iceberg lettuce Tomato dices Beetroot slices	Ham casserole Cheese-beetroot casserole Marinated cabbage salad Cucumber slices Peach cubes	Beef bourguignon Vegetable bolognese Potatoes Iceberg lettuce/salad mix Tomato slices	Chicken-spinach pasta casserole Noodle-quorn wok Grated red cabbage Blackcurrant jam Iceberg lettuce	Potato soup Pea puree soup Bread roll Strawberry-rhubarb kissel Traditional lettuce Grated carrot
VP	Blueberry quark, oat-linseed bread, cheese	Vanilla kissel, berry mix, rye bread	Raspberry kissel, meat-rice pasty	Mango yogurt, rye bread, fresh bite	Crepes, strawberry jam, fresh bite

4	Chinese pork stew Rice-grain mix Vegetable casserole Marinated cabbage salad Tomato wedges Pea-corn-pepper mix	Oven sausage Vegetable-cabbage rolls Potato mash Grated carrot-parsnip-fig mix Cucumber relish	Vegetable balls in Thai style sauce Vegetable stew Barley Iceberg lettuce/lollo rosso Tangerine slices Cucumber slices Chickpeas	Tortilla with minced meat-bean filling Tortilla with vegetable filling Iceberg lettuce Cucumber cubes Tomato salsa Jalapeno slices Sour cream sauce	Fish soup Creamy tomato-pepper soup Kohlrabi-cottage cheese salad Peach cubes Bean mix Rhubarb crumble and vanilla sauce
VP	Blackcurrant-banana kissel, multigrain baguette, cheese	Lingonberry mousse, multigrain bread roll, cucumber slices	Fruit smoothie, multigrain bread, liver sausage	Fruit salad, rye bread, cheese	Graham meat pie, fresh bite
5	Chicken paella Vegetable paella Coleslaw with pesto Tomato wedges	Meat-macaroni casserole Soy-macaroni casserole Iceberg lettuce/Garden lettuce Grated carrot	Barley porridge and lingonberry soup Liver sausage Chili-vegetable sauce Potatoes Feta salad	Fish in tomato sauce Crusted sweet potato Potatoes Steamed broccoli Grated beetroot-cabbage mix	Pea soup Vegetable-pea soup Cheese slices Carrot pancake and strawberry jam Cabbage-Chinese cabbage salad Pickled cucumber slices
VP	Velvety whipped porridge, crispbread, fresh bite	Natural yogurt, crushed pineapple, crispbread, fresh bite	Mini Karelian pasty, egg butter, fruit yogurt	Apple-cinnamon kissel, vanilla sauce, rye bread, tomato slices	Berry pie, cucumber wedges, apple juice
6	Frankfurter sauce Potatoes Beetroot puree soup Grated carrot /rutabaga Pineapple chunks Fava beans	Meat loaf with cheese Harvest vegetable loaf Potatoes Mushroom sauce Kohlrabi-wild radish-pepper- fennel salad	Vegetable puree soup Mushroom soup Rye bread Vanilla-milk kissel and jam Cheese salad or noodle salad Lettuce	Orange-chili fish Vegetable-quinoa patties Potato mash Peas Cabbage-cottage cheese-raisin salad	Greek style pepper fry Mexican style chicken mince soup Marinated cabbage salad Tomato wedges
VP	Mango-orange yogurt, rye sandwich, cold cut	Bun, cocoa, fresh bite	Fruit plate, rye bread, cold cut	Chocolate kissel, fresh bite	Fruit quark, rye bread, cold cut

7	Italian stew Vegetable-nacho casserole Grated cheese Apple-cucumber salad Grated carrot	Fish patties Vegetable patties Potatoes Béchamel sauce Red cabbage-beetroot-leek salad Iceberg lettuce/salad mix Cucumber slices	Cabbage casserole Liver casserole Cabbage-vegetable casserole Corn Grated carrot Lingonberry compote	Chicken sauce Whole grain rice Fava bean-vegetable korma Orange-cabbage salad	Vegetable-cheese soup Spinach soup Egg Bread roll Cheese slices Whipped berry porridge Lettuce Zucchini slices in thyme marinade Tomato slices
VP	Blackcurrant-banana kissel, multigrain baguette	Apple-raspberry kissel, rye bread, cold cut	Mini Karelian pasty, pepper, cheese, fruit	Berry quark, crispbread, liver sausage, cucumber slices	Minced meat pizza, fresh bite, juice mix
8	Minced meat sauce Pasta Vegetable risotto Vegetable mix Fresh salad	Åland style fish fry Greek style vegetable casserole Fruity red cabbage salad	Cheese-potato casserole Mini frankfurters Vegetable frankfurters Green salad Mustard-cucumber relish	Quorn lasagnette Oven baked beetroots Corn soup Cabbage-pea salad	Chicken soup Oriental vegetable soup Multigrain bread roll Orange-chocolate mousse Couscous salad Cottage cheese
VP	Strawberry kissel, rye bread	Barley-carrot flat bread, juice mix	Multigrain bread, cream cheese, fruit	Blueberry quark, rye bread, cold cut	Oven apple and vanilla sauce, fresh bite