

Menu 21

22/5/2023-28/5/2023

Monday

Chicken in teriyakisauce (*, A, G, ILM, L, M, VS) Wholegrain noodles (*, A, ILM, L, M)
Tofu and vegetables in teriyakisauce (*, A, G, ILM, L, M, Veg, VS) Wholegrain noodles (*, A, ILM, L, M)
Vegan: Tofu and vegetables in teriyakisauce (*, A, G, ILM, L, M, Veg, VS) Rice (*, G, ILM, L, M, Veg)

Tuesday

Vegetable croquettes (*, G, ILM, L, M, Veg, VS) Basil-sourcream sauce (A, G, ILM, L) Mashed potatoes (*,
Vegan: Vegetable croquettes (*, G, ILM, L, M, Veg, VS) Basil-mayonnaise sauce (A, L, M, Veg) Mashed
potatoes (*, A, G, L, M, Veg)

Wednesday

Salmon and potato casserole (A, G, ILM, L)
Vegetable casserole (*, A, G, ILM, L, M, Veg)
Vegan: Vegetable casserole (*, A, G, ILM, L, M, Veg)

Thursday

Turkey soup (*, A, G, ILM, L)
Root vegetable puree soup (*, A, G, ILM, L, M, Veg)
Vegan: Root vegetable puree soup (*, A, G, ILM, L, M, Veg)

Friday

Chili con Carne (*, A, L, M, VS) Whole grain rice (*, G, L, M, Veg)
Lentil and vegetable stew (*, A, G, ILM, L, VS) Whole grain rice (*, G, L, M, Veg)
Vegan: Lentil and vegetable stew (*, A, G, ILM, L, VS) Whole grain rice (*, G, L, M, Veg)

Enjoy your meal!

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VL = Low in lactose L = Lactose-free G = Gluten-free M = Milk-free

A = Contains allergen Veg = Vegan food VS = Contains fresh garlic

* = Comply with Finnish nutrition recommendations ILM = Climate-friendly