

Menu 41

7/10/2024-13/10/2024

Monday

Minced meat sauce (*, A, G, L) Potatoes (*, G, ILM, L, M, Veg)
Ratatouille (*, A, G, ILM, L, M, Veg, VS) Potatoes (*, G, ILM, L, M, Veg)

Tuesday

Spinach crêpes (A, ILM, L) Lingonberry jam (A, G, L, M, Veg) Potatoes (*, G, ILM, L, M, Veg)

Wednesday

Oven-baked sausage (*, A, G, L, M) Mashed potatoes (*, A, G, ILM, L)
Moroccan vegetable patties (*, G, ILM, L, M, Veg) Tzatsiki yoghurt (*, A, G, L, VS) Mashed potatoes (*, A,

Thursday

Chicken soup (*, A, G, ILM, L)
Pureed root vegetable soup (*, A, G, ILM, L)

Friday

Tuna and pasta casserole (*, A, ILM, L)
Vegetable bolognese and pasta casserole (*, A, ILM, 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