

Menu 12

17/3/2025-23/3/2025

Monday

Chicken with curry sauce (*, A, G, L) Rice (*, G, L, M, Veg)
Quorn with curry sauce (*, A, G, ILM, L) Rice (*, G, L, M, Veg)

Tuesday

Mexican-style minced meat soup (*, A, L, M)
Sweet potato and coconut puree soup (G, ILM, L, M, Veg, VS)

Wednesday

Fish rissoles (*, A, G, L, M) Mashed potatoes (*, A, G, ILM, L) Remoulade sauce (A, G, L, M, Veg)
Carrot rissoles (A, G, L, M, Veg) Mashed potatoes (*, A, G, ILM, L) Remoulade sauce (A, G, L, M, Veg)

Thursday

Chili con vege (*, A, ILM, L, M, Veg, VS) Rice (*, G, L, M, Veg)

Friday

Chicken pesto pasta (A, L, VS)
Vegetable pesto pasta (A, ILM, L, M, Veg, VS)

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

