

Menu 46

10/11/2025-16/11/2025

Monday

Sauce Bolognaise (*, A, G, L, M, VS) Spaghetti (*, A, ILM, L, M, Veg)

Vegetable bolognaise (*, A, G, ILM, L, M, Veg) Spaghetti (*, A, ILM, L, M, Veg)

Tuesday

Organic barley grits porridge (A, ILM, L)

Wednesday

Meatballs (A, L, M) Black pepper sauce (*, A, ILM, L) Potatoes (*, G, ILM, L, M, Veg)

Beetroot croquettes (G, L, M, Veg) Sour cream sauce with chives (A, G, ILM, L) Potatoes (*, G, ILM, L, M,

Thursday

Rainbow trout soup (*, A, G, ILM, L)

Tomato soup with basil (*, G, ILM, L, M, Veg, VS)

Friday

Butter Chicken (*, A, G, L) Barley (*, A, ILM, L, M, Veg)

Butter Mifu (*, A, ILM, L, VS) Barley (*, 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			