

Menu 4

19/1/2026-25/1/2026

Monday

Baked sausage with cheese (A, G, L) Mashed potatoes (*, A, G, ILM, L)

Tex Mex flavored vegetable rissoles (A, G, ILM, L, M, Veg) Mashed potatoes (*, A, G, ILM, L)

Tuesday

Turkey soup (*, A, G, ILM, L)

Tomato soup (*, A, G, ILM, L, VS)

Wednesday

Tuna sauce (*, A, ILM, L) Organic whole grain pasta (*, A, ILM, L, M, Veg)

Shahi Paneer (*, A, G, ILM, VS) Organic whole grain pasta (*, A, ILM, L, M, Veg)

Thursday

Organic barley grits porridge (*, A, ILM, L) Jam (G, L, M, Veg)

Friday

Chicken tortilla (A, L, M, Veg) Nordic guacamole (*, A, G, L, VS) Rice (G, L, M, Veg)

TexMex – vegetable tortilla (*, A, ILM, L, M, Veg, VS) Nordic guacamole (*, A, G, L, VS) 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