

Menu 8

16/2/2026-22/2/2026

Monday

Funny fish patties (A, ILM, L, M) Tartar yoghurt (*, A, G, L) Mashed potatoes (*, A, G, ILM, L)
Lens patties (*, A, G, ILM, L, VS) Tartar yoghurt (*, A, G, L) Mashed potatoes (*, A, G, ILM, L)

Tuesday

Shrove tuesday

Pea soup (A, G, L, M) Shrove bun (A; L)
Vegetarian pea soup (A, G, L, M, Veg)

Wednesday

Meat and macaroni casserole (*, A, L)
Mediterranean halloumi and macaroni casserole (*, A, ILM, L, VS)

Thursday

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

Friday

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