

# Menu 11

9/3/2026-15/3/2026

## Monday

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

Mifu Sweet & Sour (\*, A, G, ILM, L) Rice (\*, G, L, M, Veg)

## Tuesday

Perch balls (A, G, ILM, L) Chive yoghurt (\*, A, G, ILM, L) Mashed potatoes (\*, A, G, ILM, L)

Rootvegetable rissoles (\*, A, G, ILM, L, M) Chive yoghurt (\*, A, G, ILM, L) Mashed potatoes (\*, A, G, ILM, L)

## Wednesday

Traditional meat soup (\*, A, G, L, M)

Gardener's pureed root vegetable soup (\*, A, L)

## Thursday

Carrot rissoles (A, G, L, M, Veg) Tzatziki (A, G, ILM, L, VS) Roasted potatoes (\*, G, ILM, L, M, Veg)

## Friday

Hash (G, L, M)

Vegetable hash (\*, 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