

Menu 19

4/5/2026-10/5/2026

Monday

Chili con carne (*, A, L, M) Barley (*, A, ILM, L, M, Veg)
Shahi Paneer (*, A, G, ILM, VS) Barley (*, A, ILM, L, M, Veg)

Tuesday

Crispy fish pieces (A, L, M) Remoulade sauce (A, G, L, M) Potatoes (*, G, ILM, L, M, Veg)
Moroccan vegetable patties (*, G, ILM, L, M, Veg) Remoulade sauce (A, G, L, M) Potatoes (*, G, ILM, L, M,

Wednesday

Halloumi and vegetable stew (*, A, ILM, L) Organic whole grain pasta (*, A, ILM, L, M, Veg)

Thursday

Chicken soup with cheese (A, G, L)
Zucchini and bean soup (A, ILM, L, M, Veg, VS)

Friday

Kebab sauce (*, A, L, M, VS) Rice (*, G, L, M, Veg)
Tomato and bell pepper stew (*, A, G, ILM, 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