

Menu 20

11/5/2026-17/5/2026

Monday

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

Tuesday

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

Wednesday

Meat and macaroni casserole (*, A, L)
Iceberg lettuce (G, L, M, Veg)

Thursday

Ascension day

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