

# Meny 21

5/18/2026-5/24/2026

## Måndag

Bolognesesås (\*, A, G, L, M, VS) Ekologisk fullkornspasta (\*, A, ILM, L, M, Veg)

Grönsaksbolognese (\*, A, G, ILM, L, M, Veg) Ekologisk fullkornspasta (\*, A, ILM, L, M, Veg)

## Tisdag

Ekokorngrynsgröt (\*, A, ILM, L) Sylt (G, L, M, Veg)

## Onsdag

Köttbullar (A, L, M) Pepparsås (\*, A, ILM, L) Potatis (\*, G, ILM, L, M, Veg)

Beetroot croquettes (G, L, M, Veg) Tzatsikiyoghurt (\*, A, G, ILM, L, VS) Potatis (\*, G, ILM, L, M, Veg)

## Torsdag

Regnbågsforellsoppa (\*, A, G, ILM, L)

Spenatsoppa (\*, A, ILM, L)

## Freitag

Butter Chicken (\*, A, G, ILM, L) Korn (\*, A, ILM, L, M, Veg)

Butter Mifu (\*, A, ILM, L, VS) Korn (\*, A, ILM, L, M, Veg)

## Smaklig måltid!

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VL = Laktofattig      L = Laktofri      G = Glutenfri      M = Mjölkfri  
A = Contains allergen      Veg = Vegan food      VS = Contains fresh garlic  
\* = Comply with Finnish nutrition recommendations      ILM = Climate-friendly