

# Menu 21

18/5/2026-24/5/2026

## Monday

Sauce Bolognaise (\*, A, G, L, M, VS) Organic whole grain pasta (\*, A, ILM, L, M, Veg)  
Vegetable bolognaise (\*, A, G, ILM, L, M, Veg) Organic whole grain pasta (\*, A, ILM, L, M, Veg)

## Tuesday

Organic barley grits porridge (\*, A, ILM, L) Jam (G, L, M, Veg)

## Wednesday

Meatballs (A, L, M) Black pepper sauce (\*, A, ILM, L) Potatoes (\*, G, ILM, L, M, Veg)  
Beetroot croquettes (G, L, M, Veg) Tzatsiki yoghurt (\*, A, G, ILM, L, VS) Potatoes (\*, G, ILM, L, M, Veg)

## Thursday

Rainbow trout soup (\*, A, G, ILM, L)  
Spinach soup (\*, A, ILM, L)

## Friday

Butter Chicken (\*, A, G, ILM, L) Barley(\*, A, ILM, L, M, Veg)  
Butter Mifu (\*, A, ILM, L, VS) 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