

Menu 33

8/10/2026-8/16/2026

Monday

Tuesday

Wednesday

Thursday

Crispy fish pieces (A, L, M) Chive yoghurt (*, A, G, ILM, L) Mashed potatoes (*, A, G, ILM, L)
Vegetable rissoles (A, G, L, M) Chive yoghurt (*, A, G, ILM, L) Mashed potatoes (*, A, G, ILM, L)

Friday

Vegetable tortilla (*, A, ILM, L, M, Veg) Tomato salsa (*, A, G, ILM, L, M, Veg) Rice (*, G, L, M,
Sour cream (A, G, L)

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			