

Menu 34

8/17/2026-8/23/2026

Monday

Smoked rainbow trout and cheese sauce (*, A, ILM, L) Organic whole grain pasta (*, A, ILM, L, M, Veg)
Mediterranean cheese and vegetable stew (*, A, G, ILM, L) Organic whole grain pasta (*, A, ILM, L, M, Veg)

Tuesday

Chicken soup (*, A, G, ILM, L)
Sweet potato and coconut puree soup (G, ILM, L, M, Veg, VS)

Wednesday

Meatballs (A, L, M) Brown sauce (*, A, L) Roasted potatoes (*, G, ILM, L, M, Veg)
Vegetable sticks (A, ILM, L, M, Veg) Roasted potatoes (*, G, ILM, L, M, Veg) Herb sauce (A, G, L)

Thursday

Carrot rissoles (A, G, ILM, L, M, Veg) Tzatsiki yoghurt (*, A, G, ILM, L, VS) Mashed potatoes (*, A, G, ILM,

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			