

Menu 35

8/24/2026-8/30/2026

Monday

Oven-baked sausage (*, A, G, L, M) Mashed potatoes (*, A, G, ILM, L)
Vegetable Sausage (*, G, L, M, Veg) Mashed potatoes (*, A, G, ILM, L)

Tuesday

Chicken Tikka Masala (*, A, G, L, VS) Rice (*, G, L, M, Veg)
Härkis Tikka Masala (*, A, G, ILM, L, VS) Rice (*, G, L, M, Veg)

Wednesday

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

Thursday

Rich fish soup (*, A, G, ILM, L)
Tomato and lentil soup (*, A, G, ILM, L, VS)

Friday

Chicken minced meat lasagnette (*, A, L)
Vegetable lasagnette with chickpeas (*, A, ILM, 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			