

Menu 38

14/9/2026-20/9/2026

Monday

Sausage sauce (*, A, L, M) Potatoes (*, G, ILM, L, M, Veg)

Vegetable sausage sauce (*, G, ILM, L, M, Veg) Potatoes (*, G, ILM, L, M, Veg)

Tuesday

Tuna and pasta casserole (*, A, ILM, L)

Vegetable lasagnette (*, A, ILM, L, VS)

Wednesday

Beetroot croquettes (*, G, ILM, L, M, Veg) Roasted potatoes (*, G, ILM, L, M, Veg) Tzatziki (A, G, ILM, L,

Thursday

Turkey soup (*, A, G, ILM, L)

TexMex soy soup (*, A, ILM, L, M, Veg)

Friday

Hot minced meat stew - Chili con Carne (*, A, L, M, VS) Rice (*, G, L, M, Veg)

Chili sin carne (*, A, ILM, L, M, Veg) Rice (*, G, 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			