Menu 46

9/11/2026-15/11/2026

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)
Carrot rissoles (A, ILM, G; L, M, Veg) Roasted potatoes (*, G, ILM, L, M, Veg) Herb sauce (A, G, L)

Thursday

Oatbran porridge (A, ILM, L) Apple puree (G, L, M, Veg)

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