

Menu, Stadin ammatti- ja aikuisopisto, TK23, Hattulantie, Vilppulantie, Kullervonkatu, Ilkantie Sodexo Spring 2024

WEEK 1	1,7,13,19
MONDAY	
Lunch	Thai curry with tofu and pumpkin (M,L,G,N,S,VEG) ,full grain rice (M,L,G,S,N,VEG) *
Lunch	Chicken in green curry (L,G,S,N) and full grain rice (M,L,G,VEG) *
Lunch	Fish fingers (M,S,N),dill sauce (L,G,S,N) and mashed potatoes (L,G,S,N)
Warm vegetables	Steamed broccoli (M,L,G,S,N,VEG)
Soup	Vegetable minestrone with pesto (M,L,S,N,VEG) * and tuna fish (M,L,G,S,N)
Dessert	Strawberry quark (L,S,N)
TUESDAY	
Lunch	Sweet potato patties (L,S,N) , lentil sour cream (L,G,S,N) and boiled potatoes (M,L,G,S,N,VEG) *
Lunch	Turkey sauce with sage,(L,M,G,S,N) and full grain oats (M,L,S,N,VEG)*
Lunch	Game and potato casserole (L,G,S)
Warm vegetables	Brussels sprouts (M,L,G,S,N,VEG)
Soup	Lentil soup (M,L,G,S,N,VEG) * with Emmental cheese (L,G,S,N)
Dessert	Blackcurrant and vanilla kissel (L,G,S,N)
WEDNESDAY	
Lunch	Burrito with blackpeas (M,L,S,N,VEG) ,hummus and full grain rice (M,L,G,S,N,VEG)*
Lunch	Soy-pasta casserole (M,L,S,N,VEG) *
Lunch	Almond fish from cod (L,S,N) and boiled potatoes (M,L,G,S,N,VEG)
Warm vegetables	Roasted corn (M,L,G,S,N,VEG)
Soup	Asian chicken-noodle soup (M,L,S,N) *
Dessert	Chocolate mousse (VL,S)
THURSDAY	
Lunch	Shitake mushroom-kale risotto (M,L,G,S,N,VEG) *
Lunch	Chicken in lemon sauce (L,G,S,N) with multi grain (M,L,S,N,VEG) *
Lunch	Frankfurter sauce (M) with boiled potatoes (M,L,G,S,N,VEG) *
Warm vegetables	Baked root vegetables (M,L,G,S,N,VEG)
Soup	Saithe-vegetable soup (L,G,S,N)*
Dessert	Apple and oat bake with vanilla custard (L,S,N)
FRIDAY	
Lunch	Vebab risotto (M,L,S,N,VEG) *
Lunch	Italian minced meat sauce (M,L,S) and organic full grain pasta (M,L,S,N,VEG)
Lunch	Rainbow trout- potato casserole (L,G,S,N) *
Warm vegetables	Roasted zucchini (M,L,G,S,N,VEG)
Soup	Finnish vegetable soup (L,G,S,N) and organic smoked tofu (M,L,G,S,N,VEG) *
Dessert	Whipped blueberry porridge (M,L,VEG)
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WEEK 2	2,8,14,20
MONDAY	
Lunch	Soya-cashew sauce (M,L,G,S,N,VEG) and boiled potatoes (M,L,G,S,N,VEG) *
Lunch	Chicken korma (L,G,S,N) and full grain rice (M,L,G,S,N,VEG) *
Lunch	Beef and potato casserole (L,G,S)
Warm vegetables	Green beans (M,L,G,S,N,VEG)
Soup	Onion soup and croutons (M,L,S,N,VEG) *
Dessert	Vegan blueberry-lingonberry smoothie (M,G,S,N,VEG)
TUESDAY	
Lunch	Korean potato-soy stew (M,L,G,S,N,VEG) *
Lunch	Quorn fricassee with black currant puree (M,S,N) and full grain rice (M,L,G,S,N,VEG) *
Lunch	Baltic herrings with cold smoked salmon and leek (L,G,S,N) boiled potatoes (M,L,G,S,N) *
Warm vegetables	Carrot and broccoli (M,L,G,S,N,VEG)
Soup	Clear turkey-vegetable soup (M,L,G,S,N) *
Dessert	Whipped lingonberry porridge (M,L,S,N,VEG)
WEDNESDAY	
Lunch	Tomato pasta with organic tofu (M,L,S,N,VEG) *
Lunch	Cabbage casserole with soy and lingonberries (M,L,S,N,VEG) *
Lunch	Chicken cutlet with curry sauce (M,L,G,S,N) and full grain oats (M,L,G,S,N,VEG)
Warm vegetables	Roasted organic cauliflower (M,L,G,S,N,VEG)
Soup	Traditional fish soup from cod (L,G,S,N) *
Dessert	Oat pancakes with berries (L,S,N)
THURSDAY	
Lunch	Beetroot patties with vegan cream sauce (M,L,S,N,VEG) and multi grain (M,L,S,N,VEG) *
Lunch	Fish croquettes with mint-yogurt sauce (L,G,S,N) and boiled potatoes (M,L,G,S,N,VEG) *
Lunch	Pork and sweet potato in coconut sauce (L,G) and multi grain (M,L,S,N,VEG)
Warm vegetables	Carrot with parsley and thyme (M,L,G,S,N,VEG)
Soup	Asparagus soup (M,L,G,S,N,VEG) * and pepper mackerel (M,L,G,S,N)
Dessert	Banana and rosehip kissel (M,L,G,S,N,VEG)
FRIDAY	
Lunch	Vegan lasagna (M,S,N,VEG) *
Lunch	Baked cod with capers and lemon (M,L,G,S,N) and mashed potatoes (L,G,S,N) *
Lunch	Cheese gratinated sausage (L,G) and mashed potatoes (L,G,S,N)
Warm vegetables	Roasted swede (M,L,G,S,N,VEG)
Soup	Organic spinach soup,(L,S,N) with organic egg (M,L,G,S,N) *
Dessert	Cinnamon bun (L,S,N)
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WEEK 3	3, 9,15,21
MONDAY	
Lunch	Broad bean wok (M,L,G,S,N,VEG) *
Lunch	Salmon lasagnette (L,G,S,N) *
Lunch	Tacos with beef and vegetables,jalapenos and yogurt sauce (L,G,S) with full frair rice (M,L,G,S,N,VEG)
Warm vegetables	Roasted corn (M,L,G,S,N,VEG)
Soup	Mushroom soup (M,L,G,S,N) * and cottage cheese (L,G,S,N)
Dessert	Red currant kissel (M,L,G,S,N,VEG)
TUESDAY	
Lunch	Maroccans chickpea patties with pepper-tomato salsa (M,L,G,S,N,VEG) and full grain rice (M,L,G,S,N,VEG) *
Lunch	Potato-mushroom casserole (M,L,G,S,N,VEG) *
Lunch	Chicken sweet and sour (M,L,G,S,N) with full grain rice (M,L,G,S,N,VEG) *
Warm vegetables	Carrots with thyme (M,L,G,S,N,VEG)
Soup	Fish solyanka from cod (M,L,G,S,N) *
Dessert	Mangolassi (L,G,S,N)
WEDNESDAY	
Lunch	Falafel with tomato sauce and multi grain (M,L,S,N,VEG) *
Lunch	Baltic herring in cheese sauce (L,S,N) and boiled potatoes (M,L,G,S,N,VEG) *
Lunch	Beef with pepper (M,L,G,S) and multi grain (M,L,S,N,VEG)
Warm vegetables	Green beans (M,L,G,S,N,VEG)
Soup	Root vegetable puree soup (M,L,G,S,N,VEG) * with mozzarella (L,G,S,N)
Dessert	Whipped apricot porridge (M,VEG)
THURSDAY	
Lunch	Organic tofu and spinach pasta with grated vegan cheese (M,L,S,N,VEG) *
Lunch	Vegetable-soy risotto with chili-pineapple salsa (M,L,S,N,VEG) *
Lunch	Chicken cutlet with bell pepper sauce (L,S,N) and full grain oats (M,L,S,N,VEG)
Warm vegetables	Roasted parsnip (M,L,G,S,N,VEG)
Soup	Cleat turkey-vegetable soup (M,L,G,S,N) *
Dessert	Vanilla kissel with jam (L,G,S,N)
FRIDAY	
Lunch	Quorn in yellow vegetable sauce (L,G,S,N) and full grain rice (M,L,G,S,N,VEG) *
Lunch	Fish-shrimp paella (M,L,G,S,N) and aioli (M,L,G,S,N)
Lunch	Turkey-vegetable wok (M,L,S,N) *
Warm vegetables	Broccoli (M,L,G,S,N)
Soup	Tomato soup with organic chickpeas (M,L,G,S,N,VEG) * and smoked ham (M,L,G,N)
Dessert	Cardemom and berry bake with vanilla custard (L,S,N)
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WEEK 4	4, 10,16,22
MONDAY	
Lunch	Casserole with mozzarella, tomato and beans (L,G,S,N)
Lunch	Meatballs in tomato sauce (L,S) and full grain pasta (M,L,S,N,VEG)
Lunch	Turkey and potato casserole (L,G,S,N) *
Warm vegetables	Mushrooms with thyme (M,L,G,S,N)
Soup	Fennel-root vegetable soup (M,L,G,S,N,VEG) and marinated tofu (M,L,G,S,N,VEG) *
Desert	Peach quark (L,G,S,N)
TUESDAY	
Lunch	Soya-root vegetable Burgundy (M,L,G,S,N,VEG) and full grain oats (M,L,S,N,VEG) *
Lunch	Turkey sauce with tarragon (M,L,G,S,N) and full grain oats (M,L,S,N,VEG) *
Lunch	Crispy fish cutlet from saithe, tartar sauce (L,S,N) and mashed potatoes (L,G,S,N)
Warm vegetables	Zucchini and carrot with thyme (M,L,G,S,N,VEG)
Soup	Minced meat soup (M,L,G,S)
Dessert	Rhubarb bake and vanilla custard (L,S,N)
WEDNESDAY	
Lunch	Lentil-spinach korma (M,L,G,S,N,VEG) and full grain rice (M,L,G,S,N,VEG) *
Lunch	Tunafish lasagnette (L,S,N)
Lunch	Turkey cutlet with bbq-honey sauce (L,G,S,N) and full grain rice (M,L,G,S,N,VEG) *
Warm vegetables	Roasted broccoli (M,L,G,S,N,VEG)
Soup	Vegan bortsch (M,L,S,N,VEG) * and Emmental cheese (L,G,S,N)
Dessert	Strawberry kissel (M,L,G,VEG)
THURSDAY	
Lunch	Carrot pancakes with bean- sour cream (L,S,N) and zucchini-bean bake (M,L,S,N,VEG) *
Lunch	Vebab-potato casserole (M,L,S,N,VEG) *
Lunch	Fish curry by Goa (M,L,G,S,N) and basmati rice (M,L,G,S,N,VEG) *
Warm vegetables	Beetroot (M,L,G,S,N,VEG)
Soup	Leek-potato soup (M,L,G,S,N,VEG) and vegan salad cheese (M,L,G,S,N,VEG) *
Dessert	Berry-banana smoothie (L,G,S,N)
FRIDAY	
Lunch	Butter tofu (M,L,G,S,N,VEG) * and rice (M,L,G,S,N,VEG)
Lunch	Game-root vegetable stew with lingonberry puree (L,G,S) and mashed potatoes (L,G,S,N)
Lunch	Chicken drumstick with red onion sauce (M,L,G,S,N) full grain rice (M,L,G,S,N,VEG)
Warm vegetables	Carrot and fennel (M,L,G,S,N,VEG)
Soup	Rainbow trout soup (L,G,S,N) *
Dessert	Apple pie (L,S,N)
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WEEK 5	5,11,17,23
MONDAY	
Lunch	Lentils and vegetables in tomato sauce (M,L,G, S,N,VEG) and organic full grain pasta (M,L,S,N,VEG) *
Lunch	Beef and potato casserole (M,L,G,S)
Lunch	Chicken minced meat-vegetable bolognese (M,L,S,N) and organic full grain pasta (M,L,S,N,VEG) *
Warm vegetables	Red cabbage and apple bake (M,L,G,S,N,VEG)
Soup	Sweet potato puree soup (M,L,G,S,N,VEG) with organic tofu (M,L,G,S,N,VEG) *
Dessert	Orange moussé (VL,G,S)
TUESDAY	
Lunch	Feta-spinach pie (L, S,N)
Lunch	Green tofu curry (M,L,G,S,N,VEG) and full grain oat (M,L,G,S,N,VEG) *
Lunch	Baltic herring patties with dill sauce (L,G,S,N) * and mashed potatoes (L,G,S,N) *
Warm vegetables	Zucchini with lemon (M,L,G,S,N,VEG)
Soup	Prawn soup (L,G,S,N)
Dessert	Blueberry kissel (M,L,G,VEG)
WEDNESDAY	
Lunch	Chili sin carne (M,L,S,N,VEG) with full grain rice (M,L,G,S,N,VEG) *
Luch	Salmon and pasta casserole (L,S,N)
Lunch	Pork stroganoff (L) with full grain rice (M,L,G,S,N,VEG)
Warm vegetables	Baked beetroots (M,L,G,S,N,VEG)
Soup	Vegetable pea soup (M,L,G,S,N,VEG) * and smoked mackerel (M,L,G,S,N)
Dessert	Whipped redcurrant porridge (M,L,VEG)
THURSDAY	
Lunch	Sweet potato in peanut sauce (M,L,G,S,N,VEG) *
Lunch	Vegetable croquettes with tomato mayonnaise (M,L,S,N,VEG) and full grain barley (M,L,S,N,VEG) *
Lunch	Meat and macaroni casserole (L,S)
Warm vegetables	Baked root vegetables (M,L,G,S,N,VEG)
Soup	Turkey frankfurter soup (M,L,G,S,N) *
Dessert	Pancake with jam (L,S,N)
FRIDAY	
Lunch	Bean and vegetable couscous with coriander hummus (M,L,S,N,VEG) *
Lunch	Chicken in red curry (M,L,G,S,N) with basmati rice (M,L,G,S,N,VEG)
Lunch	Baked cod with orange and chili (M,L,G,S,N) and boiled potatoes (M,L,G,S,N,VEG)
Warm vegetables	Roasted broccoli and cauliflower (M,L,G,S,N,VEG)
Soup	Tomato soup with coriander (M,L,G,S,N,VEG) * and salad cheese (L,G,S,N)
Dessert	Caramel cake (L,S,N)
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WEEK 6	6,12,18,24
MONDAY	
Lunch	Potato-chickpea casserole (L,S,N,VEG) *
Lunch	Baked saithe in cheese sauce (M,L,G,S,N) and boiled potatoes (M,L,G,S,N,VEG)*
Lunch	Chicken meatballs with curry mayonnaise (L,S,N) and full grain oat (M,L,S,N,VEG)
Warm vegetables	Green beans (M,L,G,S,N,VEG)
Soup	Lentil-coconut soup (M,L,G,S,N,VEG) * with cheese (L,G,S,N)
Dessert	Lingonberry-caramel quark (L,G,S,N)
TUESDAY	
Lunch	Pinto bean and vegetable sauce (M,L,G,S,N,VEG) with multi grain (M,L,S,N,VEG) *
Lunch	Vegetable patties with apple-thyme sour cream (L,S,N) and boiled potatoes (M,L,G,S,N,VEG) *
Lunch	Cold smoked salmon-potato casserole (L,G,S,N)
Warm vegetables	Carrot and broccoli (M,L,G,S,N,VEG)
Soup	Meat soup (M,L,G,S)
Dessert	Melon and strawberry fruitie (M,L,G,S,N,VEG) *
WEDNESDAY	
Lunch	Soy and vegetable lasagnette (M,L,S,N,VEG) *
Lunch	Baltic herring croquettes with dill sauce (L,G,S,N) and mashed potatoes (L,G,S,N)
Lunch	Fried noodles with chicken and vegetables (M,L,S,N) *
Warm vegetables	Brussels sprouts (M,L,G,S,N,VEG)
Soup	Tomato-basil soup (M,L,G,S,N,VEG) * and cottage cheese (L,G,S,N)
Dessert	Chocolate kissel (L,G,S,N)
THURSDAY	
Lunch	Spicy lentil stew (M,L,G,S,N,VEG) and full grain rice (M,L,G,S,N,VEG) *
Lunch	Spinach pancakes with lingonberries (L,S,N) and boiled potatoes (M,L,G,S,N,VEG) *
Lunch	Pork with pink pepper (L,G) and full grain rice (M,L,G,S,N,VEG)
Warm vegetables	Cauliflower (M,L,G,S,N,VEG)
Soup	Clear fish soup (M,L,G,S,N) *
Dessert	Boysenberry kissel (M,L,G,VEG)
FRIDAY	
Lunch	Vegetable moussaka (L,S,N)
Lunch	Turkey-pasta casserole with red pesto (L,S,N)
Lunch	Tortillas with minced meat and bean-salsa (L,S) and full grain rice (M,L,G,S,N,VEG)
Warm vegetables	Carrot and peas (M,L,G,S,N,VEG)
Soup	Cauliflower soup (L,G,S,N) and smoked tofu (M,L,G,S,N,VEG) *
Dessert	Coffee with cake (L,S,N)
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