

Menu, the schools of Helsinki city, Compass Group Oy

Week 1	7, 13, 19, 25
MONDAY	
Vegetarian lunch	Pulled oats filling (*, A, L, M, N, S, Veg) Whole grain wheat tortilla (A, L, M, N, S, Veg) Tomato salsa (A, G, L, M, N, S, Veg) Sour cream (A, G, L, N, S)
Lunch	Chicken filling (*, G, L, M, N, S) Whole grain wheat tortilla (A, L, M, N, S, Veg) Tomato salsa (A, G, L, M, N, S, Veg) Sour cream (A, G, L, N, S)
TUESDAY	
Vegetarian lunch	Vegetable curry with organic tofu (*, A, G, L, M, N, S, Veg, VS) Steamed carrot slices (G, L, M, N, S, Veg)
Vegetarian lunch	Broad bean and macaroni casserole (*, A, L, N, S) Steamed carrot slices (G, L, M, N, S, Veg)
WEDNESDAY	
Vegetarian lunch	Carrot rissoles (A, G, L, M, N, S, Veg) Lemon and yoghurt sauce (A, G, L, N, S) Boiled potatoes (*, A, G, L, M, N, S, Veg)
Lunch	Pike-perch balls (A, L, M, N, S) Lemon and yoghurt sauce (A, G, L, N, S) Boiled potatoes (*, A, G, L, M, N, S, Veg)
THURSDAY	
Vegetarian lunch	Barley grits porridge (A, L, N, S) Apple soup (G, L, M, N, S, Veg) Low-fat Edam cheese (*, A, G, L, N, S)
Vegetarian lunch	Pureed sweet potato soup (*, A, G, L, N, S) Lentils (A, G, L, M, N, S, Veg) Low-fat Edam cheese (*, A, G, L, N, S)
FRIDAY	
Vegetarian lunch	Italian tomato and soy sauce (A, L, N, S) Whole grain organic pasta (*, A, L, M, N, S, Veg)
Lunch	Sauce Bolognaise (*, A, G, L, M, S, VS) Whole grain organic pasta (*, A, L, M, N, S, Veg)
	Each meal also includes seasons vegetables or root vegetables or a side salad with dressings, wholegrain bread, crispbread, rye crisps, table spreads and drinks.
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Week 2	2, 8, 14, 20, 26
MONDAY	
Vegetarian lunch	Chili con vege (*, A, L, M, N, S, Veg, VS) Whole grain rice (*, G, L, M, N, S, Veg)
Lunch	Chicken in curry sauce (*, A, G, L, N, S) Whole grain rice (*, G, L, M, N, S, Veg)
TUESDAY	
Vegetarian lunch	Quorn with curry sauce (*, A, G, L, N, S) Spiced wheat (*, A, L, N, S, Veg) Broccoli (G, L, M, N, S, Veg)
Vegetarian lunch	Soy bolognese and penne casserole (*, A, L, M, N, S, Veg) Broccoli (G, L, M, N, S, Veg)
WEDNESDAY	
Vegetarian lunch	Potato and bean casserole (*, A, G, L, N, S)
Lunch	Creamy chicken and potato casserole (*, A, G, L, N, S)
THURSDAY	
Vegetarian lunch	Vegetarian pea soup (*, A, L, M, N, S, Veg) Low-fat cream cheese (*, A, G, L, N, S)
Lunch	Pea soup (*, A, L, M, N) Low-fat cream cheese (*, A, G, L, N, S)
FRIDAY	
Vegetarian lunch	Root vegetable patties (*, A, G, L, M, N, S, Veg) Tartar sauce (A, G, L, M, N, S, Veg) Mashed potatoes (*, A, G, L, N, S)
Lunch	Funny fish patties (A, L, M, N, S) Tartar sauce (A, G, L, M, N, S, Veg) Mashed potatoes (*, A, G, L, N, S)
	Each meal also includes seasons vegetables or root vegetables or a side salad with dressings, wholegrain bread, crispbread, rye crisps, table spreads and drinks.
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WEEK 3	3, 9, 15, 21, 27
MONDAY	
Vegetarian lunch	Vegetable and cheese sauce (*, A, G, L, N, S) Whole grain organic pasta (*, A, L, M, N, S, Veg)
Lunch	Tuna sauce (*, A, L, N, S) Whole grain organic pasta (*, A, L, M, N, S, Veg)
TUESDAY	
Vegetarian lunch	Quorn and vegetable soup with cheese (A, G, L, N, S) Low-fat Edam cheese (*, A, G, L, N, S)
Vegetarian lunch	Pureed root vegetable soup (*, A, G, L, N, S) Low-fat Edam cheese (*, A, G, L, N, S)
WEDNESDAY	
Vegetarian lunch	Chili sin carne (*, A, L, M, N, S, Veg) Boiled potatoes (*, G, L, M, N, S, Veg)
Lunch	Smetana beef and mushroom stew (*, A, L, S) Boiled potatoes (*, G, L, M, N, S, Veg)
THURSDAY	
Vegetarian lunch	Vegetable and coconut curry (*, A, L, M, N, S, Veg, VS) Wholemeal barley (*, A, L, M, N, S, Veg) Parsley carrots (G, L, M, N, S, Veg)
Vegetarian lunch	Härkis lasagnette (*, A, L, N, S, VS) Parsley carrots (G, L, M, N, S, Veg)
FRIDAY	
Vegetarian lunch	Vegetable croquettes (G, L, M, N, S, Veg, VS) Curry sauce (*, A, L, N, S) Whole grain rice (*, G, L, M, N, S, Veg)
Lunch	Chicken rissoles (*, A, G, L, M, N, S, VS) Curry sauce (*, A, L, N, S) Whole grain rice (*, G, L, M, N, S, Veg)
	Each meal also includes seasons vegetables or root vegetables or a side salad with dressings, wholegrain bread, crispbread, rye crisps, table spreads and drinks.
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WEEK 4	4, 10, 16, 22, 28
MONDAY	
Vegetarian lunch	Vegetable Bolognese (*, A, G, L, M, N, S, Veg) Whole grain organic pasta (*, A, L, M, N, S, Veg)
Lunch	Sauce Bolognaise (*, A, G, L, M, S, VS) Whole grain organic pasta (*, A, L, M, N, S, Veg)
TUESDAY	
Vegetarian lunch	Lentil and potato casserole (*, A, G, L, N, S) Roasted beetroot (G, L, M, N, S, Veg)
Lunch	Creamy potato and salmon casserole (*, A, G, L, N, S) Roasted beetroot (G, L, M, N, S, Veg)
WEDNESDAY	
Vegetarian lunch	Vegetable lasagnette with chickpeas (*, A, L, N, S)
Vegetarian lunch	Beetroot croquettes (*, G, L, M, N, S, Veg) Onion sauce (*, A, L, N, S) Boiled potatoes (*, G, L, M, N, S, Veg)
THURSDAY	
Vegetarian lunch	Pureed lentil soup (*, A, G, L, N, S, VS) Low-fat Edam cheese (*, A, G, L, N, S)
Lunch	Clear rainbow trout and saithe soup (*, A, G, L, M, N, S) Low-fat Edam cheese (*, A, G, L, N, S)
FRIDAY	
Vegetarian lunch	Afrikan vegetable stew (A, L, M, N, S, Veg, VS) Oats grain (*, A, L, M, N, S, Veg)
Lunch	Chicken and tomato sauce (*, G, L, M, N, S) Boiled potatoes (*, G, L, M, N, S, Veg)
	Each meal also includes seasons vegetables or root vegetables or a side salad with dressings, wholegrain bread, crispbread, rye crisps, table spreads and drinks.
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WEEK 5	5, 11, 17, 23, 29
MONDAY	
Vegetarian lunch	Tofu and vegetables in soy sauce (*, A, G, L, M, N, S, Veg) Whole grain rice (*, G, L, M, N, S, Veg)
Lunch	Turkey fricasse (*, A, G, L, N, S) Whole grain rice (*, G, L, M, N, S, Veg)
TUESDAY	
Vegetarian lunch	Soy and cabbage casserole (*, A, G, L, M, N, S, Veg) Lingonberry crush (G, L, M, N, S, Veg) Parsley carrots (G, L, M, N, S, Veg)
Vegetarian lunch	Spinach crêpes (A, L, N, S) Lingonberry crush (G, L, M, N, S, Veg) Mashed potatoes (*, A, G, L, N, S) Parsley carrots (G, L, M, N, S, Veg)
WEDNESDAY	
Vegetarian lunch	Tomato and chickpea soup (*, G, L, M, N, S, Veg, VS) Low-fat Edam cheese (*, A, G, L, N, S)
Lunch	Rainbow trout soup with tomatoes (*, A, G, L, M, N, S, VS) Low-fat Edam cheese (*, A, G, L, N, S)
THURSDAY	
Vegetarian lunch	Tomato, cheese and pasta casserole (*, A, L, N, S)
Lunch	Minced meat and macaroni casserole (*, A, L, S)
FRIDAY	
Vegetarian lunch	Vegetable rissoles (A, G, L, N, S, M) Cucumber raita (A, G, L, N, S, VS) Boiled potatoes (*, G, L, M, N, S, Veg)
Lunch	Oats and baltic herring balls (*, A, L, N, S, M) Cucumber raita (A, G, L, N, S, VS) Boiled potatoes (*, G, L, M, N, S, Veg)
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WEEK 6	6, 12, 18, 24, 30
MONDAY	
Vegetarian lunch	Vegetable sausage sauce (*, A, L, M, N, S, Veg) Boiled potatoes (*, G, L, M, N, S, Veg)
Lunch	Sausage sauce (A, L, M, N, S) Boiled potatoes (*, G, L, M, N, S, Veg)
TUESDAY	
Vegetarian lunch	Organic lentil and pasta casserole (*, A, L, N, S) Steamed corn (G, L, M, N, S, Veg)
Lunch	Chicken minced meat lasagnette (*, A, L, N, S) Steamed corn (G, L, M, N, S, Veg)
WEDNESDAY	
Vegetarian lunch	<i>Soy and vegetable casserole with herbs (*, A, G, L, N, S)</i>
Vegetarian lunch	<i>Vegetable croquettes (G, L, M, N, S, Veg, VS)</i> <i>Sour cream sauce with herbs (A, G, L, N, S)</i> <i>Mashed potatoes (*, A, G, L, N, S)</i>
THURSDAY	
Vegetarian lunch	Bean and vegetable soup (*, A, L, M, N, S, Veg) Low-fat cream cheese (A, G, L, N, S)
Lunch	Saithe soup (*, A, G, L, N, S) Low-fat cream cheese (A, G, L, N, S)
FRIDAY	
Vegetarian lunch	Organic tofu and vegetable sauce (*, A, G, L, M, N, S, Veg, VS) Whole grain rice (*, G, L, M, N, S, Veg)
Lunch	Chicken and vegetables in soy sauce (*, A, G, L, M, N, S) Whole grain rice (*, G, L, M, N, S, Veg)
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