

Menu, the schools of Helsinki city, Compass Group Oy

Week 1	32, 38, 44, 50
MONDAY	
Vegetarian lunch	Italian tomato and soy sauce (*,A,G,L,N,S), whole grain organic pasta (*,A,L,M,N,S,VEG), boiled potatoes (*,G,L,M,N,S,VEG)
Lunch	Minced meat and tomato sauce (*,A,L,M,S), whole grain organic pasta (*,A,L,M,N,S,VEG), boiled potatoes (*,G,L,M,N,S,VEG)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
TUESDAY	
Vegetarian lunch	Vegetable and pasta casserole with chickpeas (*,A,L,N,S,)
Lunch	Breaded vegetable patties (A,L,N,S), Sour cream sauce with basil (A,G,L,N,S), mashed potatoes (*,A,G,L)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
WEDNESDAY	
Vegetarian lunch	Pureed cauliflower soup (*,G,L,VS,N,S), boiled egg (A,G,L,M,N,S)
Lunch	Chicken and rootvegetable soup (*,A,G,L,N,S), boiled egg (A,G,L,M,N,S)
Salad bar	Seasons vegetables, fruits and root vegetables, whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
THURSDAY	
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,N,S, VEG)
Lunch	Fiskpatties (national fish) (A,L,N,S), lemon and yoghurt sauce (A,G,L,N,S), boiled potatoes (*,A,G,L,N,S, VEG)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
FRIDAY	
Vegetarian lunch	Sweet potato and coconut curry (*,A,G,L,M,N,S, VS,VEG), wholemeal barley (*,A,L,M,N,S,VEG), boiled potatoes (*,G,L,M,N,S,VEG), roasted rootvegetables (G,L,M,N,S)
Lunch	Pork in mustard sauce (*,A,L,N), wholemeal barley (*,A,L,M,N,S,VEG), boiled potatoes (*,G,L,M,N,S,VEG), roasted rootvegetables (G,L,M,N,S)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
	L = lactose-free, VL = low in lactose, M = milk-free ja G = gluten-free, S = pork-free, N = beef-free, VEG=vegan, *-sign= Feel well -signed part of meals are high-fiber, low salted and fatties are recommended.

WEEK 2	33, 39, 45, 51
MONDAY	
Vegetarian lunch	Chili con vege (*,A,G,L,M,VS,N,S,VEG), whole grain rice (*,G,L,M,N,S,VEG)
Lunch	Chicken and fruit sauce (*,A,G,L,N,S), whole grain rice (*,G,L,M,N,S,VEG)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
TUESDAY	
Vegetarian lunch	Carrot purée soup (*,A,G,L,N,S), low-fat cream cheese (*,A,G,L,N,S)
Lunch	Clear rainbow trout and saithe soup (*,G,L,M,N,S), low-fat cream cheese (*,A,G,L,N,S)
Salad bar	Seasons vegetables, fruits and root vegetables, whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
WEDNESDAY	
Vegetarian lunch	Broccoli and champignon casserole (A,L,N,S)
Lunch	Cheese and vegetable stew , (*,A,G,L,N,S), boiled potatoes (*,G,L,M,N,S,VEG spiced wheat (*,A,L,M,VEG)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
THURSDAY	
Vegetarian lunch	Root vegetable patties (*,A,G,L,M,N,S,Veg), tartar sauce (A,G,L,M,N,S), mashed potatoes (*,A,G,L,N,S), carrot slices (G,L,M,N,S,Veg)
Lunch	Fish fingers (*,A,L,M,N,S), tartar sauce (A,G,L,M,N,S), mashed potatoes (*,A,G,L,N,S), carrot slices (G,L,M,N,S,Veg)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
FRIDAY	
Vegetarian lunch	Whole grain wheat tortilla (A,L,M,N,S,VEG), Pulled oats filling (*,A,L,M,N,S,VEG)
Lunch	Whole grain wheat tortilla (A,L,M,N,S,VEG), Minced meat filling (*,A,L,M,G,S)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
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WEEK 3	34, 40, 46, 52
MONDAY	
Vegetarian lunch	Bean stew with soy (*,A,G,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)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
TUESDAY	
Vegetarian lunch	Vegetable and potato bake (*,A,L,M,N,S,VEG), tomatosalsa (A,G,L,M,VEG)
Lunch	Härkis lasagnette (broad bean) (*,A,L,VS,N,S)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
WEDNESDAY	
Vegetarian lunch	Quorn-bolognese sauce (*,A,G,L,M,N,S,VS), 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)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
THURSDAY	
Vegetarian lunch	Cheese and vegetable soup (*,A,G,L,N,S), low-fat cheese (*,A,G,L,N,S)
Lunch	Turkey and vegetable soup (*,A,G,L,M,N,S), low-fat cheese (*,A,G,L,N,S)
Salad bar	Seasons vegetables, fruits and root vegetables, whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
FRIDAY	
Vegetarian lunch	Black bean patty (A,L,M,G, N,S, VEG), brown sauce (*,A,L,N,S), boiled potatoes (*,G,L,M,N,S,VEG)
Lunch	Meatballs (A,L,M), brown sauce (*,A,L,N,S), boiled potatoes (*,G,L,M,N,S,VEG)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
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WEEK 4	35, 41, 47, 53
MONDAY	
Vegetarian lunch	Vegetable and soy Bolognese (*,A,G,L,M,N,S,Veg), whole grain organic pasta (*,A,L,M,N,S,VEG) / boiled potatoes (*,G,L,M,N,S,VEG), steamed corns (G,L,M,N,S,VEG)
Lunch	Chicken and tomato sauce (*,G,L,M,N,S), whole grain organic pasta (*,A,L,M,N,S,VEG) / boiled potatoes (*,G,L,M,N,S,VEG) steamed corns (G,L,M,N,S,VEG)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
TUESDAY	
Vegetarian lunch	Lentil and potato casserole (*,A,G,L,N,S)
Lunch	Creamy potato and rainbow trout casserole (*,A,G,L,N,S)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
WEDNESDAY	
Vegetarian lunch	Falafel risolles (L,M,VS,N,S,VEG), lentils salsa (*,A,L,M,N,S,VEG), steamed dark rice (*,G,L,M,N,S,VEG)
Lunch	Vegetable lasagnette with chickpeas (*,A,L,N,S)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
THURSDAY	
Vegetarian lunch	Vegetarian pea soup (*,A,G,L,N,S, VEG), low-fat cheese (*,A,G,L,N,S)
Lunch	Traditional pea soup (*,A,G,L,M), low-fat cheese (*,A,G,L,N,S)
Salad bar	Seasons vegetables, fruits and root vegetables, whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
FRIDAY	
Vegetarian lunch	African vegetable stew (*,A,G,L,M,N,S,VEG), boiled potatoes (*,G,L,M,N,S,VEG), steamed oats grain (*,A,L,M,N,S,VEG)
Lunch	Minced meat sauce (*,A,L,M), boiled potatoes (*,G,L,M,N,S,VEG), steamed oats grain (*,A,L,M,N,S,VEG)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
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WEEK 5	36, 42, 48
MONDAY	
Vegetarian lunch	Organic tofu and vegetables in soy sauce (*,A,G,L,M,N,S,VEG), steamed whole grain rice (*,G,L,M,N,S,VEG), boiled potatoes (*,G,L,M,N,S,VEG)
Lunch	Chicken in curry sauce (*,A,G,L,N,S), steamed whole grain rice (*,G,L,M,N,S,VEG), boiled potatoes (*,G,L,M,N,S,VEG)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
TUESDAY	
Vegetarian lunch	Vegetable rissoles (A,L,M, G,N,S), Cucumber raita (A,G,L,N,S), boiled potatoes (*,G,L,M,N,S,VEG)
Lunch	Fish patties (salmon) (A,L,M,N,S) / Baltic herring balls with oats, (*, A,L,M,N,S) (vkolla 42), Cucumber raita (A,G,L,N,S), boiled potatoes (*,G,L,M,N,S,VEG)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
WEDNESDAY	
Vegetarian lunch	Barley grits porridge (*,A,L,N,S), juice soup (G,L,M,N,S,VEG), low-fat cream cheese (*,A,G,L,N,S)
Lunch	Sausage and vegetable soup (*,G,L,M), low-fat cream cheese (*,A,G,L,N,S)
Salad bar	Seasons vegetables, fruits and root vegetables, whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
THURSDAY	
Vegetarian lunch	Spinach crêpes (A,L,N,S), Lingonberry crush (G,L,M,N,S,VEG), mashed potatoes (*,A,G,L,N,S), carrots with parsley (G,L,M,N,S,VEG)
Lunch	Soy and cabbage casserole (*,A,G,L,M,N,S,VEG), Lingonberry crush (G,L,M,N,S,VEG), carrots with parsley (G,L,M,N,S,VEG)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
FRIDAY	
Vegetarian lunch	Tomato-cheese and organic pastacasserole (*,A,L,N,S)
Lunch	Minced meat and organic pasta casserole (*,A,L,S)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
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WEEK 6	34, 40, 46, 52
MONDAY	
Vegetarian lunch	Tofugriller (A,G,L,M,N,S,VEG) (weeks 37, 49) / Soy sausage (A,L,M,N,S) (week 43), mashed potatoes (*,A,G,L)
Lunch	Oven-baked sausage (A,G,L,M) (vkoilla 37, 49) / Boiled frankfurters (G,L,M,N) (vkoilla 43), mashed potatoes (*,A,G,L)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
TUESDAY	
Vegetarian lunch	Pureed sweet potato soup (*,A,G,L,N,S), low fat cheese (*,A,G,L,N,S)
Lunch	Saithe soup (*,A,G,L,N,S), low fat cheese (*,A,G,L,N,S)
Salad bar	Seasons vegetables, fruits and root vegetables, whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
WEDNESDAY	
Vegetarian lunch	Broad bean and macaroni casserole (*,A,L,N,S)
Lunch	Chicken minced meat lasagnette (*,A,L,N,S)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
THURSDAY	
Vegetarian lunch	Vegetable and bean casserole (*,A,G,L,N,S)
Lunch	Carrot and cabbage patties (A,L,M,N,S), Cucumber and sour cream sauce (A,G,L,N,S), boiled potatoes (*,G,L,M,N,S,VEG)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
FRIDAY	
Vegetarian lunch	Organic tofu and vegetable sauce (*,A,G,L,M,VS,N,S,VEG), steamed whole grain rice (*,G,L,M,N,S,VEG)
Lunch	Chicken and vegetable patties (*,A,G,L,N,S) steamed whole grain rice (*,G,L,M,N,S,VEG)
Salad bar	Seasons vegetables and root vegetables as a side salad with dressings. Whole-wheat bread, crispbread, rye crisps, table spreads and drinks.
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