

Menu, the schools of Helsinki city, Compass Group Oy

WEEK 1	37, 43, 49
MONDAY	
Vegetarian lunch	Vegetable rissoles (A, L, M, N, S) Lemon and yoghurt sauce (ILM, A, G, L, N, S) Roasted potatoes (ILM, *, G, L, M, N, S, Veg)
Lunch	Funny fish patties (A, L, M, N, S) Lemon and yoghurt sauce (ILM, A, G, L, N, S) Roasted potatoes (ILM, *, G, L, M, N, S, Veg)
TUESDAY	
Vegetarian lunch	Quorn fricassee (ILM, *, A, L, N, S) 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)
WEDNESDAY	
Vegetarian lunch	Vegetable curry with organic tofu (ILM, *, A, G, L, M, N, S, Veg, VS) Steamed broccoli (*, G, L, M, N, S, Veg) Wholemeal barley (*, A, L, M, N, S, Veg)
Vegetarian lunch	Gardener's mashed potato casserole (ILM, *, A, G, L, N, S) Steamed broccoli (*, G, L, M, N, S, Veg) Cottage cheese salad (A, G, L, N, S)
THURSDAY	
Vegetarian lunch	Pureed leek and chickpea soup (ILM, *, A, G, L, M, N, S, Veg, VS) Low-fat emmental cheese (*, A, G, L, N, S)
Lunch	Saithe soup (ILM, *, A, G, L, N, S) Low-fat emmental cheese (*, A, G, L, N, S)
FRIDAY	
Vegetarian lunch	Soy and macaroni casserole (ILM, *, A, L, M, N, S, Veg) Tomato ketchup (G, L, M, N, S, Veg)
Lunch	Meat and macaroni casserole (*, A, L, S) Tomato ketchup (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 2	32, 38, 44, 50
MONDAY	
Vegetarian lunch	Organic tofu and vegetable sauce (ILM, *, A, G, L, M, N, S, Veg, VS) Whole grain wheat grits (*, A, L, N, S, Veg)
Lunch	Turkey in tarragon sauce (*, A, G, L, N, S) Whole grain wheat grits (*, A, L, N, S, Veg)
TUESDAY	
Vegetarian lunch	Vegetable and pasta casserole with chickpeas (ILM, *, A, L, N, S)
Lunch	Tuna and pasta casserole (ILM, *, A, L, N, S)
WEDNESDAY	
Vegetarian lunch	Barley grits and spelt porridge (*, A, L, N, S) Berry soup (G, L, M, N, S, Veg) Low-fat Edam cheese (*, A, G, L, N, S)
Lunch	Chicken, vegetable and cheese soup (*, A, G, L, N, S) Low-fat Edam cheese (*, A, G, L, N, S)
THURSDAY	
Vegetarian lunch	Root vegetable hash (*, A, G, L, M, Veg, N, S, VS)
Vegetarian lunch	Butter Mifu (ILM, *, A, G, L, N, S, VS) Whole grain rice (*, G, L, M, N, S, Veg)
FRIDAY	
Vegetarian lunch	Vegetable frankfurters (G, L, M, N, S, Veg, VS) Mashed potatoes (*, A, G, L, N, S) Vegetable mélange (G, L, M, N, S, Veg) Mustard (A, G, L, M, N, S, Veg) Tomato ketchup (G, L, M, N, S, Veg)
Lunch	Oven-baked sausage (*, A, G, L, M, N, S) Mashed potatoes (*, A, G, L, N, S) Vegetable mélange (G, L, M, N, S, Veg) Mustard (A, G, L, M, N, S, Veg) Tomato ketchup (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 3	33, 39, 45, 51
MONDAY	
Vegetarian lunch	Vegetable and soy Bolognese (ILM, *, A, G, L, M, N, S, Veg) Whole grain organic pasta (ILM, *, A, L, M, N, S, Veg) Peas, corn and carrot (*, G, L, M, N, S, Veg)
Lunch	Sauce Bolognaise (*, A, G, L, M, S, VS) Whole grain organic pasta (ILM, *, A, L, M, N, S, Veg) Peas, corn and carrot (*, G, L, M, N, S, Veg)
TUESDAY	
Vegetarian lunch	Vegetable risotto with tomato and mediterranean cheese (ILM, *, A, G, L, N, S, VS)
Vegetarian lunch	Root vegetable patties (ILM, *, A, G, L, M, N, S, Veg) Yoghurt and peach sauce (*, A, G, L, N, S) Boiled potatoes (ILM, *, G, L, M, N, S, Veg)
WEDNESDAY	
Vegetarian lunch	Carrot and corn puree soup (ILM, *, A, G, L, N, S) Boiled egg (A, G, L, M, N, S)
Lunch	Rainbow trout soup (ILM, *, A, G, L, N, S) Boiled egg (A, G, L, M, N, S)
THURSDAY	
Vegetarian lunch	Chili con vege (ILM, *, A, L, M, N, S, Veg, VS) Boiled potatoes (ILM, *, G, L, M, N, S, Veg)
Vegetarian lunch	Broad bean and macaroni casserole (ILM, A, L, N, S) Tomato ketchup (G, L, M, N, S, Veg)
FRIDAY	
Vegetarian lunch	Lemon-coated tofu (ILM, A, L, N, S) Mashed potatoes (*, A, G, L, N, S)
Lunch	Pike-perch balls (A, L, M, N, S) Sour cream sauce with chives (A, G, L, N, S) 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 4	34, 40, 46
MONDAY	
Vegetarian lunch	Vegetable rissoles (*, A, G, L, M, N, S) Yellow yoghurt and pumpkin sauce (A, G, L, N, S) Whole grain rice (*, G, L, M, N, S, Veg)
Lunch	Chicken rissoles in curry sauce (A, L, N, S) Whole grain rice (*, G, L, M, N, S, Veg)
TUESDAY	
Vegetarian lunch	Mediterranean cheese and vegetable sauce with tomato (ILM, *, A, G, L, N, S, VS) Whole grain organic pasta (ILM, *, A, L, M, N, S, Veg)
Lunch	Tuna sauce (ILM, *, A, L, N, S) Whole grain organic pasta (ILM, *, A, L, M, N, S, Veg)
WEDNESDAY	
Vegetarian lunch	Pea and vegetable patties (A, L, M, N, S) Mango chutney (G, L, M, N, S, Veg) Boiled potatoes (ILM, *, G, L, M, N, S, Veg) Carrots (G, L, M, N, S, Veg)
Vegetarian lunch	Härkis moussaka (ILM, *, A, G, L, N, S, VS) Carrots (G, L, M, N, S, Veg)
THURSDAY	
Vegetarian lunch	Curry and carrot soup (ILM, *, A, G, L, N, S) Low-fat Edam cheese (*, A, G, L, N, S)
Lunch	Minced meat and vegetable soup (ILM, *, A, G, L, M, S) Low-fat Edam cheese (*, A, G, L, N, S)
FRIDAY	
Vegetarian lunch	Spicy vegetable and potato casserole (ILM, *, A, G, L, N, S)
Lunch	Creamy chicken and potato casserole (*, 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 5	35, 41, 47
MONDAY	
Vegetarian lunch	Vegetable sausage sauce (*, A, G, L, M, N, S, Veg) Boiled potatoes (ILM, *, G, L, M, N, S, Veg) Roasted root vegetables (G, L, M, N, S)
Lunch	Sausage sauce (*, A, L, M, N, S) Boiled potatoes (ILM, *, G, L, M, N, S, Veg) Roasted root vegetables (G, L, M, N, S)
TUESDAY	
Vegetarian lunch	Lentil and potato casserole (ILM, *, A, G, L, N, S)
Vegetarian lunch	Potato, wild fish and smoked rainbow trout casserole (ILM, *, A, G, L, N, S)
WEDNESDAY	
Vegetarian lunch	Pureed sweet potato soup (ILM, *, A, G, L, N, S) Low-fat emmental cheese (*, A, G, L, N, S)
Lunch	Chicken and vegetable soup (ILM, *, A, G, L, M, N, S) Low-fat emmental cheese (*, A, G, L, N, S)
THURSDAY	
Vegetarian lunch	Vöner filling (ILM, *, L, M, N, S, Veg, VS) Sour cream (ILM, A, G, L, N, S) Whole grain wheat tortilla (A, L, M, N, S, Veg) Whole grain rice (*, G, L, M, N, S, Veg)
Vegetarian lunch	Soy bolognese and penne casserole (ILM, *, A, L, M, N, S, Veg)
FRIDAY	
Vegetarian lunch	Carrot and cabbage patties (*, A, G, L, M, N, S) Sauce Tartar (A, G, L, N, S) Boiled potatoes (ILM, *, G, L, M, N, S, Veg)
Lunch	Baltic Sea fish fingers (ILM, *, A, G, L, M, N, S) Sauce Tartar (A, G, L, N, S) Boiled potatoes (ILM, *, G, L, M, N, S, Veg)
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WEEK 6	36, 42, 48
MONDAY	
Vegetarian lunch	Bean and vegetable sauce (ILM, *, A, G, L, M, N, S, Veg) Boiled potatoes (ILM, *, G, L, M, N, S, Veg)
Lunch	Minced meat sauce (*, A, L, M, S) Boiled potatoes (ILM, *, G, L, M, N, S, Veg)
TUESDAY	
Vegetarian lunch	Mifu, bell pepper and tomato stew (ILM, *, A, G, L, N, S, VS) Mashed potatoes (*, A, G, L, N, S)
Vegetarian lunch	Spinach crêpes (A, L, N, S) Lingonberry crush (G, L, M, N, S, Veg) Mashed potatoes (*, A, G, L, N, S) Cottage cheese salad (A, G, L, N, S)
WEDNESDAY	
Vegetarian lunch	Vegetable croquettes (ILM, G, L, M, N, S, Veg, VS) Yoghurt sauce with cucumber (ILM, A, G, L, N, S, VS) Boiled potatoes (ILM, *, G, L, M, N, S, Veg) Roasted cabbage and carrots (G, L, M, N, S, Veg)
Vegetarian lunch	Oats and baltic herring balls (*, A, L, M, N, S) Yoghurt sauce with cucumber (ILM, A, G, L, N, S, VS) Boiled potatoes (ILM, *, G, L, M, N, S, Veg) Roasted cabbage and carrots (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 lentil soup (ILM, *, A, G, L, N, S, VS) Low-fat Edam cheese (*, A, G, L, N, S)
FRIDAY	
Vegetarian lunch	Vöner lasagnette (*, A, L, M, N, S, Veg, VS)
Lunch	Chicken minced meat lasagnette (*, A, L, N, S)
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