<table>
<thead>
<tr>
<th>Week 1</th>
<th>Monday</th>
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<td>1, 7, 13, 19, 25</td>
<td>Home-cooked lunch 1</td>
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<td>Monday</td>
<td>Black pepper beef stew, potatoes with parsley</td>
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<td>Tuesday</td>
<td>Indian pork sauce, whole grain rice</td>
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<td>Wednesday</td>
<td>Mutton balls, warm curry sauce, whole grain barley</td>
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<td>Thursday</td>
<td>Chilli-seasoned cod, potatoes with dill</td>
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<td>Friday</td>
<td>Lemon-flavoured chicken ragout, whole grain rice</td>
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WEEK 3
3, 9, 15, 21, 27

MONDAY

Home-cooked lunch 1  | Stroganoff, boiled potatoes  | G, M, L, S
Home-cooked lunch 2  | Turkey casserole           | M, L, G, N, S
Vegetarian lunch     | Goat cheese pasta          | L, G, S, N
Warm side dish       | Roasted sweet potato       | M, L, G, S, N
Soup                 | Chicken coconut soup       | M, L, G, S, N
Side salad table     | Iceberg lettuce and Chinese cabbage, tomato, marinated portobello mushrooms, organic chickpea salad, salad with cauliflower, melon and pineapple | M, L, G, S, N
Dessert              | Mango quark/fruit/coffee/tea | L, G, S, N

TUESDAY

Home-cooked lunch 1  | Salmon patties, tzatziki, mashed potato | L, S, N
Home-cooked lunch 2  | Japanese pork ragout, whole grain rice | G, M, N
Vegetarian lunch     | Falafel, sour cream sauce, whole grain rice | G, S, N
Warm side dish       | Steamed broccoli            | M, L, G, S, N
Soup                 | Pureed beetroot soup       | L, G, S
Added protein with vegetable soup | Salad cheese or prawns | L, G, S, N
Side salad table     | Iceberg lettuce, grated cucumber and courgette, herb-marinated carrots, roasted broad beans, orange and leek salad | M, L, G, S, N
Dessert              | Strawberry kissel, whipped cream/fruit/coffee/tea | L, G, S, N / M, L, G, S, N

WEDNESDAY

Home-cooked lunch 1  | Cabbage casserole, crushed lingonberries | M, L, G, S
Home-cooked lunch 2  | Chicken in chickpea sauce, roasted potatoes | L, G, N, S
Vegetarian lunch     | Jacket potato with feta cheese and bean filling | L, G, S, N
Warm side dish       | Steamed courgette            | M, L, G, S, N
Soup                 | Pureed vegetable soup       | L, G, S, N
Added protein with vegetable soup | Cottage cheese or country ham | M, L, G, S, N / M, L, G, S, N, VEG
Side salad table     | Iceberg lettuce and radicchio, sweetcorn and melon with parsley, cucumber, no-mayo potato salad, olives | M, L, G, S, N
Dessert              | Apricot and semolina porridge/fruit/coffee/tea | M, L, S, N / M, L, G, S, N

THURSDAY

Home-cooked lunch 1  | Game stew with cheese, whole grain barley | L, S, N
Home-cooked lunch 2  | Saithe with dill and sour cream sauce, boiled potatoes | G, L, M, S, N
Vegetarian lunch     | Vegetable pizza              | L, S, N
Warm side dish       | Roasted sweet pepper          | M, L, G, S, N
Soup                 | Pea soup                      | M, L, G, N
Side salad table     | Iceberg lettuce, tomato, marinated courgette, grated carrot, swede and celery, broccoli, pickled gherkin | M, L, G, S, N
Dessert              | Pan cake, jam, vanilla mousse/fruit/coffee/tea | S, N / M, L, G, S, N / L, G

FRIDAY

Home-cooked lunch 1  | Chicken thighs, pesto, whole grain rice | G, L, N, S
Home-cooked lunch 2  | Cajun beef, whole grain rice          | M, L, G, S
Vegetarian lunch     | Beetroot and blue cheese casserole   | L, M, S, N, VEG
Warm side dish       | Roasted sweetcorn                 | M, L, G, S, N
Soup                 | Pureed fennel soup                | G, L, N, S
Added protein with vegetable soup | Brie cheese or smoked beef | VL, G, S, N / L, G, S, N
Side salad table     | Iceberg lettuce and Chinese cabbage, cucumber, tomato, chilli-marinated organic chickpeas, roasted cauliflower | M, L, G, S, N
Dessert              | Raspberry Swiss roll/fruit/coffee/tea | L, S, N
### WEEK 4
#### 4, 10, 16, 22

| Day       | Home-cooked lunch 1                                      | Home-cooked lunch 2                                      | Vegetarian lunch                                    | Warm side dish                                     | Side salad table                                                                 | Added protein with vegetable soup                                      | Dessert                                                                 |
|-----------|---------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| MONDAY    | Pork wok, noodles                                       | Minced meat patties, pepper sauce, boiled potatoes      | Soy and nut ratatouille, boiled potatoes            | Roasted cauliflower                               |                                                                                 | Salad cheese or black pepper beef                                        | Rhubarb crumble and vanilla mousse/fruit/coffee/tea | L, S, N / M, L, G, S, N                                      |
|           |                                                         |                                                         |                                                     |                                                   |                                                                                 | Iceberg lettuce, tomato, herb-marinated carrots, grated courgette and sweet pepper, lentil and vegetable salad |                                                                                 |                                                                       |
| TUESDAY   | Home-cooked lunch 1                                     | Chicken thigh fillet, sweet chilli sauce, whole grain rice |                                                     | Roasted beetroot                                 | Iceberg lettuce, cucumber, salad with sundried tomatoes and beans, beetroot salad, Chinese cabbage and watermelon salad |                                                                               | Apple kisel, whipped cream/fruit/coffee/tea | L, S, N / M, L, G, S, N                                      |
|           |                                                         |                                                         |                                                     |                                                   |                                                                                 |                                                                               |                                                                        |                                                                       |
| WEDNESDAY | Kebab with rice, garlic sauce                           | Salmon and pasta bake                                   | Carrot patties, chive sauce, boiled potatoes        | Siskonmakkara sausage soup                       | Iceberg lettuce and radicchio, tomato, marinated portobello mushrooms, grated cucumber, pickled pumpkin |                                                                               |                                                                         |                                                                       |
|           |                                                         |                                                         |                                                     |                                                   |                                                                                 |                                                                               |                                                                         |                                                                       |
| THURSDAY  | Pork kassler, horseradish sauce, potato dauphinoise     | Chilli con carne, whole grain rice                      | Eggplant gratin                                     | Steamed carrots                                  | Iceberg lettuce, grated courgette, shredded cabbage and red cabbage, chickpeas, red onion |                                                                               |                                                                         |                                                                       |
|           |                                                         |                                                         |                                                     |                                                   |                                                                                 |                                                                               |                                                                         |                                                                       |
| FRIDAY    | Breaded saithe fillet, chive and sour cream sauce, mashed potato | Taco and minced meat casserole                          | Broccoli and spinach patties, chive and sour cream sauce, mashed potato | Steamed mixed beans                               | Coconut kisel/fruit/coffee/tea                                                   |                                                                               |                                                                         |                                                                       |
|           |                                                         |                                                         |                                                     |                                                   |                                                                                 |                                                                               |                                                                         |                                                                       |
|           |                                                         |                                                         |                                                     |                                                   |                                                                                 |                                                                               |                                                                         |                                                                       |
WEEK 5
5, 11, 17, 23

**MONDAY**

**Home-cooked lunch 1**
Turkey in Koskenlaskija cheese, whole grain barley
L, G, N, S

**Home-cooked lunch 2**
Tuna pasta bake
L, S, N

**Vegetarian lunch**
Sweet potato and kale in peanut sauce, whole grain rice
L, G, S, N

**Warm side dish**
Roasted sweet pepper
M, L, G, S, N

**Soup**
Wild mushroom soup
L, G, S, N

**Added protein with vegetable soup**
Roast beef or home-made cheese

**Side salad table**
Iceberg lettuce and Chinese cabbage, tomato, cucumber, grated swede with peach, sweetcorn, pickled onions
M, L, G, S, N

**Dessert**
Orange mousse/fruit/coffee/tea
VL, G, S, N / M, L, G, S, N

**TUESDAY**

**Home-cooked lunch 1**
Oven-baked sausage, mashed potato, mustard sauce
G, L, N

**Home-cooked lunch 2**
Beef stew, mashed potato
L, G, S

**Vegetarian lunch**
Pita bread with vegetable filling, garlic sauce
L, S, N

**Warm side dish**
Steamed cauliflower and broccoli
M, L, G, S, N

**Soup**
Creamy soup with two types of fish
L, G, S, N

**Side salad table**
Iceberg lettuce, cucumber, orange salad, sweet pepper, red cabbage coleslaw
M, L, G, S, N

**Dessert**
Bilberry kissel, whipped cream/fruit/coffee/tea
M, L, G, S, N

**WEDNESDAY**

**Home-cooked lunch 1**
Indian chicken ragout, jasmine rice
L, G, S, N

**Home-cooked lunch 2**
Biff à la Lindström, onion sauce, boiled potatoes
L

**Vegetarian lunch**
Vegetable moussaka
M, L, S, N, VEG

**Warm side dish**
Roasted sweet potato
M, L, G, S, N

**Soup**
Tomato, chilli and coriander soup
M, L, G, S, N, VEG

**Added protein with vegetable soup**
Marinated tofu or turkey
M, L, G, S, N

**Side salad table**
Iceberg lettuce, tomato and onion salad, grated carrot, roasted broad beans, salad with beetroot, apple and cucumber
M, L, G, S, N

**Dessert**
Strawberry and semolina porridge/fruit/coffee/tea
M, L, S, N / M, L, G, S, N

**THURSDAY**

**Home-cooked lunch 1**
Flounder, lime and prawn sauce, boiled potatoes
L, S, N

**Home-cooked lunch 2**
Pork stew with mustard, boiled potatoes
L, M, G, N

**Vegetarian lunch**
Mexican bean patties, lime and sour cream sauce, boiled potatoes
M, L, G, S, N

**Warm side dish**
Roasted courgette
M, L, G, S, N

**Soup**
Meat soup
M, L, G, S

**Side salad table**
Iceberg lettuce and radicchio, grated cucumber, sweetcorn and green bean salad, tomato, pickle
M, L, G, S, N

**Dessert**
Berry and banana smoothie/fruit/coffee/tea
L, G, S, N / M, L, G, S, N

**FRIDAY**

**Home-cooked lunch 1**
Chicken leg, curry mayonnaise, whole grain rice
M, L, G, S

**Home-cooked lunch 2**
Pasta Bolognese
M, L, G, S

**Vegetarian lunch**
Vegetarian cabbage casserole
M, L, S, N, VEG

**Warm side dish**
Roasted parsnips and carrots
M, L, G, S, N

**Soup**
Coconut and lentil soup
M, L, G, S, N, VEG

**Added protein with vegetable soup**
Cottage cheese or prawns
L, G, S, N / M, L, G, S, N

**Side salad table**
Iceberg lettuce, tomato, cucumber with dill, peas, orange salad, beetroot slices
M, L, G, S, N

**Dessert**
Tosca pie/fruit/coffee/tea
M, L, G, S, N
**WEEK 6**

**6, 12, 18, 24**

**MONDAY**

**Home-cooked lunch 1**  
Meatballs, creamy pepper sauce, boiled potatoes  
L

**Home-cooked lunch 2**  
Greek beef stew, whole grain rice  
M, L, G, S

**Vegetarian lunch**  
Organic tofu and vegetable ragout, whole grain rice  
M, L, G, S, N, VEG

**Warm side dish**  
tanja.aartonen-amhili@helsinki.fi  
M, L, G, S, N

**Soup**  
Asian saithe soup  
L, G, S, N

**Side salad table**  
Iceberg salad and Chinese cabbage, cucumber, tomato, lentil and vegetable salad, marinated red onion, pickled gherkin  
M, L, G, S, N

**Dessert**  
Lingonberry and toffee quark/fruit/coffee/tea  
VL, G, S, N / M, L, G, S, N

**TUESDAY**

**Home-cooked lunch 1**  
Crispy fish, tartare sauce, mashed potato  
L, S, N

**Home-cooked lunch 2**  
Chicken ragout, fried rice  
L, M, G, N, S

**Vegetarian lunch**  
Chilli sin carne, whole grain rice  
M, L, G, S, N, VEG

**Warm side dish**  
Roasted beetroot  
L, G, S, N

**Soup**  
Pureed parsnip soup  
M, L, G, S, N

**Added protein with vegetable soup**  
Home-made cheese or smoked beef  
M, L, G, S, N / M, L, G, S, N

**Side salad table**  
Iceberg lettuce, cucumber, marinated black bean and sweet pepper salad, grated radish, green potato salad  
M, L, G, S, N

**Dessert**  
Chilli and orange panna cotta/fruit/coffee/tea  
G, S, N / M, L, G, S, N

**WEDNESDAY**

**Home-cooked lunch 1**  
Pork in sweet and sour sauce, whole grain rice  
M, L, G, N

**Home-cooked lunch 2**  
Minced meat lasagnette  
L, S

**Vegetarian lunch**  
Gardener's root vegetable patties, lentil and sour cream sauce, boiled potatoes  
M, L, G, S, N

**Warm side dish**  
Steamed sweetcorn  
L, M, G, S, N

**Soup**  
Vegetable borscht and crème fraîche  
M, L, G, S, N / VL, G, S, N

**Side salad table**  
Iceberg lettuce and radicchio, orange-marinaded courgette, tomato, grated radish, pickled onions  
M, L, G, S, N

**Dessert**  
Cardamom and berry crumble/fruit/coffee/tea  
VL, S, N / M, L, G, S, N

**THURSDAY**

**Home-cooked lunch 1**  
Curry and beef ragout, whole grain rice  
M, L, G, S

**Home-cooked lunch 2**  
Cod in Parmesan, mashed potato  
L, G, N, S

**Vegetarian lunch**  
Mozzarella and tomato gratin  
G, L, S, N, VEG

**Warm side dish**  
Oven-baked vegetables  
M, L, G, S, N

**Soup**  
Pea soup  
G, M, L, N

**Side salad table**  
Iceberg lettuce and Chinese cabbage, tomato, cucumber, organic chickpeas with herbs, mixed roasted and marinated root vegetables  
M, L, G, S, N

**Dessert**  
Pan cake, jam, vanilla mousse/fruit/coffee/tea  
L, S, N

**FRIDAY**

**Home-cooked lunch 1**  
Game and portobello mushroom stew, boiled potatoes  
G, L, N, S

**Home-cooked lunch 2**  
Breaded chicken patties, curry mayonnaise, whole grain rice  
M, S, N

**Vegetarian lunch**  
Moroccan vegetable and potato ragout, whole grain rice  
L, G, S, N, (VEG)

**Warm side dish**  
Roasted carrots  
M, L, G, S, N

**Soup**  
Spicy chickpea soup  
M, L, G, S, N

**Added protein with vegetable soup**  
Country ham or cold-smoked salmon  
M, L, G, S, N

**Side salad table**  
Iceberg lettuce and radicchio, cucumber, peas, shredded cabbage with currants, grated swede and parsnip, sweet pepper and sundried tomatoes  
M, L, G, S, N

**Dessert**  
Rhubarb quark/fruit/coffee/tea  
M, L, S, N