

Basic menu for day care centres autumn 2019

Week 1 weeks 35, 41, 47	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Organic oatmeal porridge pureed berries juice	Rye gruel from organic flakes fruit wedges	Organic wheat porridge pureed fruit	Rye bread liver pâté cocoa cut roots	4 grain gruel from organic flakes soft bread pureed berries
<b>Lunch</b>	Tuna and pasta bake L B P E salad	Sausage soup M G E sliced vegetables rye bread  Apple and oat crumb pie M G E VEG vanilla sauce L G E	Spinach pancakes L mashed potatoes L G E mashed lingonberries egg soft bread salad	Minced meat and mashed potato bake L G P E salad	Chicken curry L G B P E brown or wholegrain rice salad
<b>Vegetarian dish</b>	Härkis and macaroni bake L E	Pureed bell pepper soup M G E VEG cottage cheese	Spinach pancakes L	Vegetable and mashed potato bake (soy) M G E VEG	Vegetable and Quorn curry L G
<b>Snack</b>	Fruit salad soft bread	Carrot pasty egg spread sliced vegetables / wedges	Organic plain yoghurt and pureed berries	Whipped lingonberry porridge or berry porridge from rye berries	Potato flat bread cheese cut roots

All meals include crisp bread, spread and drink (skimmed organic milk or skimmed sour milk). Day care centres are on step 4 in the Steps to Organic program.

Change of product and suitability is possible. Always check suitability on location.

**M** milk free  
**L** lactose free  
**LL** less than 1g lactose/100 g  
**E** egg free  
**VEG** suits vegan diet

**B** beef free  
**P** pork free  
**G** gluten free, suits coeliac diet

Basic menu for day care centres autumn 2019

Week 2  
weeks  
36, 42, 48

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Organic barley porridge pureed fruit	Organic oatmeal gruel roll fruit wedges	Semolina gruel soft bread vegetable spread sliced vegetables	Flat bread processed cheese sliced vegetables / wedges	Organic 4 grain porridge berries
<b>Lunch</b>	Kebab sauce M G P E plain yoghurt L G E brown or wholegrain rice salad	Härkis lasagnette L E soft bread salad	Cheese topped fish L G B P E roots and potato mash L G E salad	Minced meat soup M G P E rye bread sliced vegetables  Organic fruit	Chicken patties M G B P E tomato sauce L G B P E veggie rice salad
<b>Vegetarian dish</b>	Indian lentil stew M G E VEG plain yoghurt L G E	Härkis lasagnette L E	Vegetable balls L G E or M G E VEG	Pureed beetroot soup L E cheese	Vegetable patties (soy) M G E VEG
<b>Snack</b>	Berry kissel soft bread cheese	Rye bread tuna spread sliced vegetables / wedges	Karelian pasty egg spread cut roots	Fresh porridge from organic flakes or fruit porridge cut fruit	Frankfurter roll fruit wedges

Basic menu for day care centres autumn 2019

Week 3 weeks 37,43,49	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Organic 4 grain porridge pureed fruit	Oatmeal gruel from organic flakes pureed fruit cut roots	Organic plain yoghurt and muesli soft bread sliced vegetables	Semolina porridge berries cut roots	Wheat gruel from organic flakes rye bread vegetable wedges
<b>Lunch</b>	Minced meat and spaghetti bake M P E salad	Pureed vegetable soup L G E organic tofu and corn side dish M G E VEG rye bread sliced vegetables  Berry pie M	Turkey in sweet&sour sauce M G B P E brown or wholegrain rice salad	Sailor's meat and potato bake M G P E salad soft bread	Fish fingers M G B P E or M B P E tartar sauce M G B P mashed potatoes L G E salad
<b>Vegetarian dish</b>	Vegetable and spaghetti bake (soy) M E VEG	Pureed vegetable soup L G E organic tofu and corn side dish M G E VEG	Roots and soy stew M G E VEG	Vegetable and lentil bake L G E	Vegetable patties (soy) M G E VEG
<b>Snack</b>	Berry porridge berries	House flat bread sliced egg cut roots	Carrot pancakes mashed lingonberry	Fruit drink from organic sour milk rye bread herb spread	Vegetable pizza

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Basic menu for day care centres autumn 2019

Week 4  
weeks  
32, 38, 44  
50

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Organic wheat porridge pureed berries	4 grain gruel from organic flakes pureed berries sliced vegetables / wedges	Organic oatmeal porridge berry soup sliced vegetables / wedges	Roll vegetable spread cocoa cut roots	Barley gruel from organic flakes soft bread cheese fruit wedges
<b>Lunch</b>	Chicken Bolognese M G B P E brown pasta salad	Mexican vegetable stew M G brown or wholegrain rice rye bread salad	Fish patties M B P E or Minced fish fingers (bream) M G B P E lemon mayonnaise sauce M G B P potatoes salad	Pea soup M G B E vegetable slices / wedges soft bread  Thick pancake L B P mashed berries	Meat and macaroni bake L P E and M P salad
<b>Vegetarian dish</b>	Soy bean sauce L G E	Mexican vegetable stew M G	Veggie fingers M E VEG	Chickpea and coconut soup M G E VEG	Pasta and vegetable bake (soy) L E
<b>Snack</b>	Fruit quark flat bread	Barley porridge from organic groat and pureed berries	Minced meat pasty / Vegetable pasty vegetable wedges	Soft bread cold cuts fruit wedges	House snack (2-3 pro- ducts e.g. bread or roll, sliced egg / filled sand- wich, fresh bite)

Basic menu for day care centres autumn 2019

Week 5  
weeks  
33, 39, 45,  
51

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Organic oatmeal porridge pureed fruit juice	Wheat gruel from organic flakes flat bread vegetable wedges	Soft bread sliced egg vegetable slices	Rye gruel from organic flakes soft bread cut roots	Semolina porridge pureed berries
<b>Lunch</b>	Meat balls M E and M P E brown sauce L B P E mashed potatoes L G E salad	Chicken soup M G B P E rye bread sliced vegetables  Berry quark	Noodle and Quorn wok M salad	Trout and potato bake L G B P E roll salad	Frankfurter sauce M E potatoes salad
<b>Vegetarian dish</b>	Falafel balls (chickpea) M G E VEG or M G	Spinach soup L E egg	Noodle and Quorn wok M	Vegetable and chickpea bake L G E	Soy Frankfurter sauce M G E VEG
<b>Snack</b>	Organic plain yoghurt pureed berries soft bread	Rye bread tuna spread vegetable slices	Rice porridge berries	Roll cold cuts cut roots	Fruit kissel soft bread cheese

Basic menu for day care centres autumn 2019

Week 6 weeks 34, 40, 46, 52	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Organic barley porridge pureed fruit	Oatmeal gruel or fresh porridge from organic flakes soft bread sliced vegetables	Semolina porridge pureed berries	Roll cheese cocoa cut roots	Rye gruel from organic flakes soft bread sliced vegetables
<b>Lunch</b>	Minced meat sauce M P E brown pasta salad	Chicken and potato bake L G B P E salad	Vegetable balls L G E or M G E VEG sour cream and relish sauce L G B P E mashed potatoes L G E salad soft bread	Fish soup L G B P E sliced vegetables rye bread  Organic fruit	Chicken in tomato sauce M G B P E brown or wholegrain rice salad
<b>Vegetarian dish</b>	Pea kibble Bolognese M G E VEG	Vegetable and bean risotto M G E VEG	Vegetable balls L G E or M G E VEG	Lentil soup L G E	Vegetarian Korma with organic tofu M G E VEG
<b>Snack</b>	Soft bread cold cuts fruit wedges	Fruit porridge cut fruit	Rye bread vegetable spread juice sliced vegetables / wedges	Thick carrot pancake or thick pancake mashed berries	House snack (e.g. vege- table and fruit platter, dip, bread)