

Basic menu for round the clock day care centres autumn 2019

Week 1 weeks 35, 41, 47	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	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 fruit wedges	Bread cold cuts sliced vegetables cocoa	Porridge berry soup
Lunch	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	Fish loaf sour cream sauce mashed potatoes salad	Minced meat lasagnette salad
Vegetarian dish	Härkis and macaroni bake L E	Pureed bell pepper soup M G E VEG cottage cheese L G E	Spinach pancakes L	Vegetable and mashed potato bake (soy) M G E VEG	Vegetable and Quorn curry L G	Vegetable loaf or vegetable patties	Vegetable lasagnette
Snack	Fruit salad soft bread	Carrot pasty egg spread vegetable slices / wedges	Organic plain yoghurt and pureed berries	Whipped lingonberry porridge or berry porridge from rye berries	Potato flat bread cheese cut roots	Fruit salad bread	House snack (e.g. flat bread, cold cuts and fruit)
Dinner	Chicken sauce brown or wholegrain rice salad	Italian style baked fish potatoes salad	Turkey and roots soup bread sliced vegetables	Pureed vegetable soup bread cold cuts	Sailor's meat and potato bake salad	Chicken soup bread	Trout sauce brown rice salad
Evening snack	Berry kissel bread	Fruit shake or smoothie bread	Roll vegetable spread sliced vegetables cocoa	House porridge berry soup	Rye bread cold cuts fruit	Carrot pasty egg spread cut roots	Curd milk or yoghurt bread, cheese fruit wedges

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 round the clock day care centres autumn 2019

Week 2 weeks 36, 42, 48	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Organic barley porridge pureed fruit juice	Organic oatmeal gruel rye bread fruit wedges	Semolina gruel soft bread vegetable spread sliced vegetables	Organic 4 grain porridge berries sliced vegetables	Flat bread processed cheese vegetable slices / wedges	Porridge pureed fruit	Roll or bread cold cuts sliced vegetables
Lunch	Kebab sauce M G P E plain yoghurt L G E brown or wholegrain rice salad	Härkis lasagnette L E rye 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	Skipper's herring mashed potatoes salad	Minced meat and vegetables stew salad
Vegetarian dish	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	Potato and roots bake	Chickpea and vegetable risotto
Snack	Berry kissel soft bread cheese	Rye bread tuna spread cut roots	Karelian pasty egg spread cut roots	Fresh porridge from organic flakes or fruit porridge cut fruit	Frankfurter roll fruit wedges	Fruit kissel bread	House snack or Pizza fresh bite
Dinner	Chicken risotto salad	Meat soup House bread	Gardener's turkey stew brown rice or potatoes salad	Saithe and trout sauce potatoes salad	Spinach soup egg half House bread	Chicken and potato bake salad	HOUSE SOUP OR BAKE
Evening snack	House pasty (e.g. Karelian pasty) fresh bite	Porridge berry soup	Berry quark bread	Bread vegetable spread sliced vegetables	HOUSE EVENING SNACK including fresh bite	Berry yoghurt bread	Gruel bread cold cuts fruit

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Basic menu for round the clock day care centres autumn 2019

Week 3 weeks 37, 43, 49	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Organic 4 grain porridge fruit wedges	Oatmeal gruel from organic flakes pureed fruit fruit wedges	Organic plain yoghurt and muesli soft bread fruit wedges	Semolina porridge berries cut roots	Wheat gruel from organic flakes soft bread vegetable wedges	Porridge pureed fruit	Gruel bread cold cuts sliced vegetables
Lunch	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 sliced vegetables rye bread 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	Chicken and potato bake salad	Meatballs sauce mashed potatoes or potatoes salad
Vegetarian dish	Vegetable and spaghetti bake (soy) M E VEG	Pureed vegetable soup L G E	Roots and soy stew L G E	Vegetable and lentil bake L G E	Vegetable patties (soy) M G E VEG	Vegetable and potato bake	Vegetable balls
Snack	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	Fruit salad bread	Karelian or carrot pasty cheese root wedges
Dinner	Trout soup bread sliced vegetables	Cabbage and minced meat stew salad	Vegetable balls sauce potatoes salad	Chicken and pasta bake salad	Vegetarian Minestrone soup House bread sliced vegetables	Catalan baked fish or House fish barley or multigrain rice salad	HOUSE SOUP
Evening snack	Rye bread or flat bread cold cuts sliced vegetables	Fruit quark bread	Roll cheese sliced vegetables	Baked porridge berry soup	Berry smoothie bread	Thick pancake or pancakes mashed berries	Yoghurt berries bread

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Basic menu for round the clock day care centres autumn 2019

Week 4 weeks 32, 38, 44, 50	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Organic wheat porridge pureed berries	4 grain gruel from organic flakes pureed berries vegetable slices / wedges	Organic oatmeal porridge berry soup vegetable slices / wedges	Roll cold cuts cocoa cut roots	Barley gruel from organic flakes soft bread cheese fruit wedges	Gruel bread vegetable spread sliced vegetables	Curd milk or yoghurt bread fruit wedges
Lunch	Chicken Bolognese M G B P E brown pasta salad	Mexican vegetable stew M G brown or wholegrain rice salad rye bread	Fish patties M B P E or Minced fish fingers 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	Meat and bell pepper stew potatoes salad	Turkey sauce brown rice or mashed potatoes salad
Vegetarian dish	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	Soy slices and baked vegetables	Cheesy bean and vegetable stew
Snack	Fruit quark flat bread	Barley porridge from organic flakes and pureed berries	Minced meat pasty / Vegetable pasty vegetable wedges	Soft bread cold cuts fruit wedges	House snack (2-3 products e.g. whole-grain cereals / roll, sliced egg / filled sandwich, fresh bite)	House bun or berry pie cut roots	Karelian pasty cheese vegetable wedges
Dinner	Ham risotto salad	Chicken and corn soup House bread	Vegetable lasagnette salad	Meat loaf pan potatoes salad	Baked fish potatoes salad	HOUSE BAKE	Minced meat and vegetable stew salad
Evening snack	Bread tuna spread sliced vegetables	Baked omelette bread cut roots	Organic plain yoghurt pureed berries soft bread	Fresh porridge bread	Fruit smoothie bread sliced vegetables	Roll cheese sliced vegetables	House porridge pureed berries

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Week 5 weeks 33, 39, 45, 51	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Organic oatmeal porridge pureed fruit juice	Wheat gruel from organic flakes flat bread vegetable wedges	Soft bread sliced egg sliced vegetables	Rye gruel from organic flakes soft bread cut roots	Semolina porridge pureed berries	Curd milk / Yoghurt bread root wedges	Porridge pureed fruit
Lunch	Meatballs 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	Minced meat and mashed potato bake salad	Pork and vege- table sauce potatoes / barley salad
Vegetarian dish	Falafel balls (chickpea) M G E VEG / M G	Spinach soup L E egg	Noodle and Quorn wok M	Vegetable and chick- pea bake L G E	Soy frankfurter sauce M G E VEG	Vegetable and mashed potato bake	Gardener's vege- table stew
Snack	Organic plain yoghurt pureed berries soft bread	Rye bread tuna spread sliced vegetables	Rice porridge berries	Roll cold cuts sliced vegetables	Fruit kissel soft bread cheese	House pie (e.g. minced meat and vegetables in rye crust) fresh bite	Bread cold cuts sliced vegetables
Dinner	Saithe and trout sauce roots and potato mash salad	Bolognese sauce brown pasta or potatoes salad	Meat soup bread sliced vegetables	Chicken risotto salad	Fish soup rye bread sliced vegetables	Pureed vegetable soup bread cheese	Turkey and potato bake salad
Evening snack	Roll cheese fruit	Porridge and pureed fruit	Flat bread herb spread cut roots	Carrot pancakes mashed lingonberry cottage cheese / egg	Fruit quark bread	Porridge / Gruel berry soup bread	Fruit or berry yoghurt bread cut roots

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Basic menu for round the clock day care centres autumn 2019

Week 6 weeks 34, 40, 46, 52	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	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	Porridge berry soup	Bread cold cuts sliced vegetables cocoa
Lunch	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	Chicken balls sauce potato bake salad	Meat stew mashed potatoes or potatoes salad
Vegetarian dish	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	Vegetable balls or patties	Roots and soy stew
Snack	Soft bread cold cuts fruit wedges	Fruit porridge cut fruit	Rye bread vegetable spread vegetable slices / wedges	Thick carrot pancake or thick pancake mashed berries	House snack (e.g. vegetable and fruit platter, dip, bread)	Pizza	Yoghurt or curd milk bread fruit
Dinner	Vegetable hash egg salad	Frankfurter soup House bread	Trout sauce mashed potatoes salad	Meat and macaroni bake salad	Fish in cheese sauce potatoes salad	Minced meat and spaghetti bake salad	Chicken soup flat bread
Evening snack	Fruit porridge cut fruit	Bread cold cuts sliced vegetables	Berry quark bread	Rye square or roll vegetable spread sliced vegetables	Fruit pie cut roots	Bread cheese fruit wedges	Porridge or gruel bread berry soup