

Basic menu for daycare centres in spring 2021

Week 1 Weeks 2, 8, 14, 20	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Organic oatmeal pureed berries root vegetable wedges	Organic wheat flake porridge pureed fruit Vegetable wedges	Plain organic yoghurt with muesli soft bread	Rye bread liver sausage hot chocolate pieces of root vegetable	Barley porridge made from organic flakes pureed berries fruit wedges
Lunch	Minced meat and macaroni casserole L P E and M P salad warm vegetables	Turkey and root vegetable soup M G B P E vegetable slices rye bread Fruit quark L G E	Spinach pancakes L mashed potato L G E crushed lingonberries soft bread salad	Chicken curry L G B P E brown or whole grain rice salad	Rainbow trout casserole L G B P E salad
Vegetarian dish	Pasta and vegetable casserole (soy) L E	Chickpea and coconut soup M G E VEG	Spinach pancakes L	Vegetable and Quorn curry L G	Vegetable and lentil casserole L G E
Snack	Fruit salad soft bread	Carrot quiche egg spread vegetable slices/wedges	Berry porridge berries	House snacks (e.g. vegetable and fruit platter, dip, bread)	Flatbread cheese pieces of root vegetable

Every meal also features crisp bread, vegetable fat spread and beverages (fat-free organic milk / sour milk / water). Day care centres are on level 4 of the Portaati luomuun ('steps towards organic food') programme.

Product and suitability information subject to change. Always check the suitability information at your restaurant.

M does not contain milk
L lactose-free
LL contains less than 1 g of lactose/100 g
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VEG suitable for vegans
 Heart symbol

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Basic menu for daycare centres in spring 2021

Week 2 Weeks 3, 9, 15, 21	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Organic barley flake porridge pureed fruit	Flatbread cold cuts vegetable slices/ wedges	Thin semolina porridge soft bread vegetable fat spread vegetable slices	Vegetable omelette soft bread pieces of root vegetable	Organic four-grain porridge berries
Lunch	Kebab sauce M G P E plain yoghurt L G E brown or whole grain rice, salad	Härkis lasagnette L E soft bread salad	Fish with cheese gratin L G B P E root vegetable and potato purée L G E salad	Minced meat soup M G P E rye bread vegetable slices Organic fruit	Chicken loaf patties/stick M G B P E tomato sauce L G B P E vegetable rice salad
Vegetarian dish	Indian lentil stew M G E VEG plain yoghurt L G E	Härkis lasagnette L E	Veggie balls L G E or M G E VEG	Puréed beetroot soup L E cheese	Vegetable patties (soy) M G E VEG
Snack	Berry kissel soft bread cheese	Overnight oats made with organic flakes or fruit porridge pieces of fruit	Sausage rolls root vegetable wedges	Fruit smoothie soft bread fruit wedges	Rye bread tuna spread vegetable slices

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Basic menu for daycare centres in spring 2021

Week 3
Weeks 4,
10, 16, 22

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Organic four-grain porridge pureed fruit vegetable slices/ wedges	Semolina porridge berries pieces of root vegetable	Plain organic yoghurt with pureed berries soft bread vegetable slices	Thin oat porridge made with organic flakes soft bread pieces of root vegetable	Bun cheese spread vegetable slices/ wedges
Lunch	Minced meat and mashed potato casserole L G P E  salad warm vegetables	Pureed vegetable soup L G E organic tofu and corn side M G E VEG  rye bread vegetable slices Berry pie M	Turkey in sweet & sour sauce M G B P E  brown or whole grain rice salad	Vegetable and chickpea casserole L G E  salad soft bread	Fish fingers M N P E tartare sauce M G B P mashed potato L G E salad
Vegetarian dish	Vegetable and mashed potato casserole (soy) M G E VEG 	Pureed vegetable soup L G Eorganic tofu and corn side M G E VEG 	Root vegetable and soy stew M G E VEG 	Vegetable and chickpea casserole L G E 	Vegetable patties (soy) M G E VEG
Snack	Berry porridge berries	soft bread egg vegetable fat spread fruit wedges	Carrot pancakes crushed lingonberries pieces of root vegetable	Fruit drink with organic sour milk rye bread, fruit wedges	House snacks (e.g. vegetable and fruit plate, dipping sauce, whole grain cereal)








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Week 4 Weeks 5, 11, 17	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Organic wheat porridge pureed berries pieces of root vegetable	Thin four-grain porridge made with organic flakes soft bread fruit wedges	Organic oatmeal berry kissel vegetable slices/ wedges	Bun vegetable fat spread hot chocolate vegetable slices	Berry/fruit rice soft bread, pieces of root vegetable
Lunch	Chicken Bolognese M G B P E  brown pasta salad	Mexican vegetable stew M G  potato rye bread salad	Fish patties M B P E/ fish loaf sticks (bream) M G B P E lemony mayonnaise sauce M G B P potato salad	Pea soup M G B E  vegetable slices/ wedges soft bread Pancake L B P with crushed berries	Tuna and pasta bake L B P E  salad
Vegetarian dish	Bean and vegetable sauce L G E	Mexican vegetable stew M G 	Veggie sticks M E VEG	Vegetarian pea soup M G E VEG 	Härkis and macaroni casserole L E 
Snack	Fruit quark flatbread	Barley porridge made from organic flakes with pureed berries	Soy Bolognese pizza fruit wedges	House snacks (2–3 products, e.g. bread, egg, sandwich, fresh bite)	Soft bread cold cuts vegetable slices/wedges








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Week 5 Weeks 6, 12, 18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Organic oatmeal pureed fruit juice	Thin wheat porridge made from organic flakes flatbread vegetable wedges	Organic barley flake porridge pureed berries Fruit wedges	Thin rye porridge made from organic flakes soft bread pieces of root vegetable	Soft bread egg slices vegetable slices
Lunch	Meat balls M E and M P E gravy L B P E potato salad	Chicken soup M G B P E  rye bread vegetable slices Berry quark	Noodle and Quorn wok M  salad	Rainbow trout lasagnette L B P E  bun salad warm vegetables	Frankfurter sauce M E  potato salad
Vegetarian dish	Falafels (chickpea) M G E VEG or M G	Spinach soup L E egg	Noodle and Quorn wok M 	Vegetable and lentil lasagnette L B P E 	Soy frankfurter sauce M G E VEG 
Snack	Fruit kissel soft bread cheese	Plain organic yoghurt pureed berries soft bread	Rice porridge berries	Chicken quiche/ vegetable quiche fruit wedges	Veggie balls dipping veggies dipping sauce

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Week 6
Weeks 7,
13, 19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Organic barley flake porridge pureed berries pieces of root vegetable	Thin oat porridge or overnight oats made from organic flakes soft bread vegetable slices	Semolina porridge pureed berries	Bun cheese hot chocolate pieces of root vegetable	Thin rye porridge made with organic flakes soft bread vegetable slices
Lunch	Minced meat sauce M S E  brown pasta salad	Chicken and potato casserole L G B P E  salad	Veggie balls L G E or M G E VEG sour cream relish sauce L G B P E, soft bread mashed potato L G E salad	Fish soup L G B P E  vegetable slices rye bread Organic fruit	Chicken in tomato sauce M G B P E  potato salad
Vegetarian dish	Pea groat Bolognese M G E VEG 	Vegetable and bean risotto M G E VEG 	Veggie balls L G E or M G E VEG	Lentil and vegetable soup M G E VEG 	Vegetable korma with organic tofu M G E VEG 
Snack	Fruit porridge pieces of fruit	Ham or veggie swirl OR soft bread cold cuts pieces of root vegetable	Berry smoothie rye bread vegetable slices/ wedges	Carrot pancake or pancake crushed berries	Fish burger on rye bread

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