

Basic menu for day care centres in autumn 2020

Week 1
weeks 31,
37, 43, 49

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast

Organic oatmeal
pureed berries
root vegetable wedges

Organic
wheat flake porridge
pureed fruit
fruit wedges

Plain
organic yoghurt with
muesli
soft bread

Rye bread
liver sausage
hot chocolate
pieces of root
vegetable

Fruit rice
soft bread
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
egg
soft bread
salad

Chicken curry
L G B P E
brown or
whole grain rice
salad

Rainbow trout casserole
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

Basic menu for day care centres in autumn 2020

Week 2
weeks 32,
38, 44, 50

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 mashed root vegetables and potatoes L G E salad	Minced meat soup M G P E rye bread vegetable slices Organic fruit	Chicken loaf patties 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	Pureed 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 pieces of root vegetable	Fruit smoothie soft bread fruit wedges	Rye bread tuna spread vegetable slices house juice

Basic menu for day care centres in autumn 2020

Week 3
weeks 33,
39, 45, 51

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 bake 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 a 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 E organic 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 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)

Basic menu for day care centres in autumn 2020

Week 4
weeks 34,
40, 46, 52

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 rice soft bread, pieces of root vegetable
Lunch	Chicken Bolognese M G B P E brown pasta salad	Mexican vegetable stew M G brown or whole grain rice 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	Soft bread cold cuts fruit wedges	Soy Bolognese pizza fruit wedges	House snacks (2–3 products, e.g. piece of bread or a bun, slices of egg / sandwich, fresh bite)

Basic menu for day care centres in autumn 2020

Week 5
weeks 35,
41, 47, 53

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

Basic menu for day care centres in autumn 2020

Week 6
weeks 36,
42, 48

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