

Basic menu for daycare centres in spring 2020

Week 1
weeks 1, 7,
13, 19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Organic oatmeal pureed berries vegetable wedges	Thin rye porridge made with organic flakes bun fruit wedges	Organic wheat flake porridge pureed fruit vegetable slices/wedges	Rye bread liver sausage hot chocolate pieces of root vegetable	thin four-grain porridge made with organic flakes soft bread vegetable slices/wedges
Lunch	Tuna pasta bake L B P E salad	Turkey and root vegetable soup M G B P E vegetable slices rye bread Apple and oat crumble M E VEG vanilla sauce L G E	Spinach pancakes L mashed potato L G E crushed 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 whole grain rice salad
Vegetarian dish	Härkis and macaroni casserole L E	Pureed bell pepper soup M G E VEG cottage cheese	Spinach pancakes L	Vegetable and mashed potato casserole (soy) M G E VEG	Vegetable and Quorn curry L G
Snack	Fruit salad soft bread	Carrot quiche egg spread vegetable slices/wedges	Plain organic yoghurt with pureed berries soft bread	Whipped lingonberry porridge or rye and berry porridge berries	Potato 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 Steps to Organic programme.

**Product and suitability
information
subject to change.
Always check the suitability
information
at the location.**

M milk-free
L lactose-free
LL less than 1 g of lactose/100 g
E egg-free
VEG suitable for vegans

B beef-free
P pork-free
G gluten-free, suitable for
celiacs

Basic menu for daycare centres in spring 2020

Week 2
weeks 2, 8,
14, 20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Organic barley flake porridge pureed fruit	Thin oat porridge made with organic flakes bun fruit wedges	Thin semolina porridge soft bread vegetable fat spread vegetable slices	Flatbread cheese spread vegetable slices/ wedges	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	Rye bread tuna spread vegetable slices/wedges	Rice pastry egg spread pieces of root vegetable	Overnight oats made with organic flakes or fruit porridge pieces of fruit	Sausage rolls fruit wedges

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Basic menu for daycare centres in spring 2020

Week 3
weeks 3, 9,
15, 21

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Organic four-grain porridge pureed fruit vegetable slices/wedges	Thin oat porridge made with organic flakes soft bread fruit wedges	Plain organic yoghurt with muesli soft bread vegetable slices	Semolina porridge berries pieces of root vegetable	Thin wheat porridge made with organic flakes rye bread vegetable wedges
Lunch	Minced meat and spaghetti casserole M P E salad	Pureed vegetable soup L G E rye bread organic tofu and corn side M G E VEG vegetable slices Berry pie M	Turkey in a sweet & sour sauce M G B P E brown or whole grain rice salad	Sailor's stew M G P 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 spaghetti casserole (soy) M 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 lentil casserole L G E	Vegetable patties (soy) M G E VEG
Snack	Berry porridge berries	House flatbread egg slices pieces of root vegetable	Carrot pancakes crushed lingonberries vegetable slices/wedges	Fruit drink with organic sour milk rye bread, herb spread	Vegetable pizza

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Basic menu for daycare centres in spring 2020

Week 4
weeks 4, 10,
16, 22

	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 vegetable slices/wedges	Organic oatmeal berry kissel vegetable slices/wedges	Bun vegetable fat spread hot chocolate pieces of root vegetable	Thin barley porridge made with organic flakes soft bread, cheese fruit wedges
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 or 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	Minced meat and macaroni casserole L P E and M P salad
Vegetarian dish	Soybean sauce L G E	Mexican vegetable stew M G	Veggie sticks M E VEG	Vegetarian pea soup M G E VEG	Pasta and vegetable casserole (soy) L E
Snack	Fruit quark flatbread	Barley porridge made from organic flakes with pureed berries	Minced meat quiche / Vegetable quiche vegetable wedges	Soft bread cold cuts fruit wedges	House snacks (2–3 products, e.g. piece of bread or a bun, slices of egg / sandwich, fresh bite)

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Basic menu for daycare centres in spring 2020

Week 5 weeks 5, 11, 17	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Organic oatmeal pureed fruit juice	Thin wheat porridge made from organic flakes flatbread vegetable wedges	Soft bread egg slices vegetable slices	Thin rye porridge made from organic flakes soft bread pieces of root vegetable	Semolina porridge pureed berries
Lunch	Meat balls M E and M P E gravy L B P E mashed potato L G E salad	Chicken soup M G B P E rye bread vegetable slices Berry quark	Noodle and Quorn wok M salad	Rainbow trout casserole L G B P E bun salad	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 chickpea casserole L G E	Soy frankfurter sauce M G E VEG
Snack	Plain organic yoghurt pureed berries soft bread	Rye bread tuna spread vegetable slices	Rice porridge berries	Bun cold cuts pieces of root vegetable	Fruit kissel soft bread cheese

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Week 6 weeks 6, 12, 18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Organic barley flake porridge pureed fruit	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 brown or whole grain rice 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	Soft bread vegetable fat spread pieces of root vegetable	Fruit porridge pieces of fruit	Rye bread cold cuts vegetable slices/ wedges	House snacks (e.g. vegetable and fruit platter, dip, bread)	Carrot pancake or pancake crushed berries

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