

Basic menu for daycare centres providing evening and round-the-clock care in spring 2020

Week 1 weeks 1, 7, 13, 19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Organic oatmeal pureed berries vegetable wedges	Thin rye porridge made with organic flakes fruit wedges	Organic wheat flake porridge pureed fruit	Rye bread liver sausage hot chocolate pieces of root vegetable	Thin four-grain porridge made with organic flakes soft bread fruit wedges	Bread cold cuts vegetable slices hot chocolate	Porridge berry kissel
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	Fish loaf sour cream sauce mashed potato salad	Lasagnette with minced meat salad
Vegetarian dish	Härkis and macaroni casserole L E	Pureed bell pepper soup M G E VEG cottage cheese L G E	Spinach pancakes L	Vegetable and mashed potato casserole (soy) M G E VEG	Vegetable and Quorn curry L G	Vegetable loaf or vegetable patties	Vegetable lasagnette
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	Fruit quark bread	House snacks (e.g. flatbread, cold cuts and fruit)
Dinner	Chicken sauce brown or whole grain rice salad	Italian oven-baked fish potato salad	Turkey and root vegetable soup bread vegetable slices	Pureed vegetable soup bread cold cuts	Sailor's beef and potato casserole salad	Chicken soup bread	Rainbow trout sauce brown rice salad
Evening snack	Berry kissel bread	Fruit shake or smoothie bread	Bun vegetable fat spread vegetable slices hot chocolate	House porridge with berry kissel	Rye bread cold cuts fruit	Carrot quiche egg spread pieces of root vegetable	Curdled milk or yoghurt cheese bread fruit wedges

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.

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

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celiacs

Basic menu for daycare centres providing evening and round-the-clock care in spring 2020

Week 2 weeks 2, 8, 14, 20	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 vegetable slices	Porridge pureed fruit	Bun or bread cold cuts vegetable slices
Lunch	Kebab sauce M G P E plain yoghurt L G E brown or whole grain rice salad	Härkis lasagnette L E rye 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	Skipper's Baltic herring mashed potato salad	Minced meat and vegetable stew 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	Potato and root vegetable casserole	Chickpea and vegetable risotto
Snack	Berry kissel soft bread cheese	Rye bread tuna spread pieces of root vegetable	Rice pastry egg spread pieces of root vegetable	Overnight oats made with organic flakes or fruit porridge pieces of fruit	Hotdog fruit wedges	Fruit kissel bread	House snacks or Pizza fresh bite
Dinner	Chicken risotto salad	Meat soup house bread	Vegetable garden turkey stew brown rice or potato salad	Saithe and Rainbow trout sauce potato salad	Spinach soup half an egg house bread	Chicken and potato casserole salad	HOUSE SOUP OR CASSEROLE
Evening snack	House pastry (e.g. rice pastry) fresh bite	Porridge berry kissel	Berry quark bread	Bread vegetable fat spread vegetable slices	HOUSE EVENING SNACK including a fresh bite	Berry yoghurt bread	Thin porridge bread cheese fruit

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Week 3 weeks 3, 9, 15, 21	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Organic four-grain porridge vegetable slices/wedges	Thin oat porridge made from organic flakes soft bread fruit wedges	Plain organic yoghurt and muesli soft bread vegetable slices	Semolina porridge berries pieces of root vegetable	Thin wheat porridge made with organic flakes rye bread vegetable wedges	Porridge pureed fruit	Thin porridge bread cold cuts vegetable slices
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 sweet & sour sauce M G B P E brown or whole grain rice salad	Sailor's beef and potato casserole 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	Chicken casserole salad	Meat balls sauce mashed potato or potato 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	Vegetable casserole	Veggie balls
Snack	Berry porridge berries	House flatbread egg slices pieces of root vegetable	Carrot pancakes crushed lingonberries	Fruit drink with organic sour milk rye bread herb spread	Vegetable pizza	Fruit salad bread	Rice or carrot quiche cheese root vegetable wedges
Dinner	Rainbow trout soup bread vegetable slices	Cabbage and minced meat stew salad	Veggie balls sauce potato salad	Chicken and pasta bake salad	Minestrone soup house bread vegetable slices	Catalonian oven-baked fish or house fish barley or multigrain rice salad	HOUSE SOUP
Evening snack	Rye bread or flatbread with cold cuts vegetable slices	Fruit quark bread	Bun cheese vegetable slices	Oven-baked porridge berry kissel	Berry smoothie bread	Pancake or crepes crushed berries	Yoghurt berries bread

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Week 4
weeks 4,
10, 16, 22

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 cold cuts hot chocolate pieces of root vegetable	Thin barley porridge made with organic flakes soft bread cheese fruit wedges	Thin porridge bread vegetable fat spread vegetable slices	Curdled milk or yoghurt bread bread 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 fingers 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 crushed berries	Minced meat and macaroni casserole L P E and M P salad	Meat stew with bell peppers potato salad	Turkey sauce brown rice or mashed potato salad
Vegetarian dish	Soy bean 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	Soy strips and oven-roasted vegetables	Cheesy bean and vegetable stew
Snack	Fruit quark flatbread	Barley porridge made with organic flakes and pureed berries	Minced meat quiche / Vegetable quiche vegetable wedges	Soft bread cold cuts fruit wedges	House snacks (2–3 products, e.g. full grain cereal/bun, egg slices / sandwich, fresh bite)	House sweet bun or berry pie pieces of root vegetable	Rice pastry cheese vegetable wedges
Dinner	Ham risotto salad	Chicken and corn soup house bread	Vegetable lasagnette salad	Meat loaf pan-fried potatoes salad	Oven-baked fish potato salad	HOUSE CASSEROLE	Minced meat and vegetable stew salad
Evening snack	Bread tuna spread vegetable slices	Oven-baked omelette bread pieces of root vegetable	Plain organic yoghurt with pureed berries soft bread	Overnight oats bread	Fruit smoothie bread vegetable slices	Bun cheese vegetable slices	House porridge pureed berries

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Week 5 weeks 5, 11, 17	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	Curdled milk / yoghurt bread root vegetable wedges	Porridge pureed fruit
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	Minced meat and mashed potato casserole salad	Pork and vegetable sauce potato/barley salad
Vegetarian dish	Falafels (chickpea) M G E VEG / 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	Vegetable and mashed potato casserole	Root vegetable garden vegetable stew
Snack	Plain organic yoghurt pureed berries soft bread	Rye bread tuna spread vegetable slices	Rice porridge and berries	Bun cold cuts pieces of root vegetable	Fruit kissel soft bread cheese	House quiche (e.g. rye-cruste minced meat and vegetable quiche) fresh bite	Bread cold cuts vegetable slices
Dinner	Saithe and rainbow trout sauce mashed root vegetables and potatoes salad	Bolognese sauce brown pasta or potato salad	Meat soup bread vegetable slices	Chicken risotto salad	Fish soup rye bread vegetable slices	Pureed vegetable soup bread cheese	Turkey casserole salad
Evening snack	Bun cheese fruit	Porridge and pureed fruit	Flatbread herb spread pieces of root vegetable	Carrot pancakes with crushed lingonberries, cottage cheese / egg	Fruit quark bread	Porridge / Thin porridge kissel bread	Fruit or berry yoghurt bread pieces of root vegetable

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Week 6 Weeks 6, 12, 18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Organic barley flake porridge pureed fruit	Thin oat porridge overnight oats 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	Porridge berry kissel	Bread cold cuts vegetable slices hot chocolate
Lunch	Minced meat sauce M P 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	Chicken balls sauce roasted potatoes salad	Meat stew mashed potato or 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 soup L G E	Vegetable korma with organic tofu M G E VEG	Veggie balls or patties	Root vegetable and soy stew
Snack	Soft bread vegetable fat spread fruit wedges	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	Pizza	Yoghurt or curdled milk bread fruit
Dinner	Vegetable pyttipanna hash egg salad	Frankfurter soup house bread	Rainbow trout sauce mashed potato salad	Meat and macaroni casserole salad	Fish in cheese sauce potato salad	Minced meat and spaghetti casserole salad	Chicken soup flatbread
Evening snack	Fruit porridge pieces of fruit	Bread cold cuts vegetable slices	Berry quark bread	Rye bread or bun vegetable fat spread vegetable slices	Fruit pie pieces of root vegetable	Bread cheese fruit wedges	Porridge or thin porridge bread kissel

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