

Basic menu for daycare centres providing evening and round-the-clock care in spring 2021

Week 1 Weeks 2, 8, 14, 20	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Organic oatmeal pureed berries root vegetable wedges	Organic wheat flake porridge pureed fruit vegetable slices	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	Bread cold cuts vegetable slices juice	Porridge berry kissel
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 E salad	Lasagnette with minced meat salad	Fish loaf sour cream sauce mashed potato 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	Vegetable and lasagnette	Vegetable loaf or vegetable patties
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	Fruit quark bread	House snacks (e.g. flatbread, cold cuts and fruit)
Dinner	Chicken sauce potato salad	Vegetable risotto salad	Italian oven-baked fish potato salad	Pureed vegetable soup bread cold cuts	Root vegetable garden turkey stew potato, salad	Chicken soup bread	Sailor's beef and potato casserole salad
Evening snack	Fruit shake or smoothie bread	House snacks including a fresh bite	Bun vegetable fat spread vegetable slices	House porridge with berry kissel	Berry kissel bread	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 Portaati luomuun ('steps towards organic food') programme.

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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

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Week 2 Weeks 3, 9, 15, 21	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	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 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 M G B P E tomato sauce L G B P E vegetable rice salad	Ham casserole salad	Bell pepper and meat stew potato 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	Vegetable and lentil casserole	Chickpea sauce
Snack	Berry kissel soft bread cheese	Overnight oats made from organic flakes or fruit porridge pieces of fruit	Sausage rolls pieces of root vegetable	Fruit smoothie soft bread fruit wedges	Rye bread tuna spread pieces of root vegetable	Fruit salad bread	House snacks or Pizza fresh bite
Dinner	Chicken risotto salad	Meat soup house bread	Pureed vegetable soup bread cheese pieces of fruit	Saithe and rainbow trout sauce potato salad	Spinach soup half an egg house bread	HOUSE SOUP OR CASSEROLE	Chicken and potato casserole salad
Evening snack	House pastry (e.g. rice pastry) fresh bite	Berry quark bread	Bread vegetable fat spread vegetable slices	Porridge berry kissel	House snacks including a fresh bite	Berry yoghurt bread	Thin porridge bread cheese fruit

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Week 3 Weeks 4, 10 16, 22	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Organic four-grain porridge pureed fruit vegetable slices/ wedges	Semolina porridge berries pieces of root vegetable	Plain organic yoghurt and pureed berries soft bread vegetable slices	Thin oat porridge made from organic flakes soft bread pieces of root vegetable	Bun cheese spread vegetable slices/ wedges	Porridge pureed fruit	Thin porridge bread cold cuts vegetable slices
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	Meat balls sauce mashed potato or potato salad	Skipper's Baltic herring mashed potato 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	Veggie balls	Veggie fingers
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 platter, dip, whole grain cereal)	Fruit kissel bread	Rice or carrot quiche cheese root vegetable wedges
Dinner	Rainbow trout soup bread vegetable slices	Cabbage and minced meat stew salad	Veggie patties 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 5, 11, 17	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 fruit wedges	Organic oatmeal berry kissel vegetable slices/wedges	Bun cold cuts hot chocolate vegetable slices	Berry/fruit rice soft bread pieces of root vegetable	Thin porridge bread vegetable fat spread vegetable slices	Curdled milk or yoghurt bread fruit wedges
Lunch	Chicken Bolognese M G B P E brown pasta salad	Mexican vegetable stew M G potato rye bread salad	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 crushed berries	Tuna and pasta bake L B P E salad	Minced meat and vegetable stew salad	Turkey sauce brown rice or mashed potato salad
Vegetarian dish	Bean and vegetable sauce L G E	Mexican vegetable stew M G	Veggie fingers M E VEG	Vegetarian pea soup M G E VEG	Härkis and macaroni casserole L E	Chickpea and vegetable risotto	Cheesy bean and vegetable stew
Snack	Fruit quark flatbread	Barley porridge made with organic flakes and pureed berries	Soy Bolognese pizza fruit wedges	House snacks (2–3 products, e.g. whole grain cereal/bun, egg slices/sandwich, fresh bite)	Soft bread cold cuts fruit wedges	House sweet bun or berry pie pieces of root vegetable	Rice pastry cheese vegetable wedges
Dinner	Ham risotto salad	Chicken casserole salad	Meat loaf sauce pan-fried potatoes salad	Vegetable lasagnette salad	Chicken and corn soup house bread	HOUSE CASSEROLE	Oven-baked fish potato 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 pieces of root vegetable	Fruit smoothie bread vegetable slices	Bun cheese vegetable slices	House porridge pureed berries

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Week 5 Weeks 6, 12, 18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	Curdled milk / yoghurt bread root vegetable wedges	Porridge pureed fruit
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	Chicken loaf patties sauce roast potatoes 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	Root vegetable and lentil lasagnette L B P E	Soy frankfurter sauce M G E VEG	Veggie patties	Root vegetable garden and vegetable stew
Snack	Fruit kissel soft bread cheese	Plain organic yoghurt pureed berries soft bread	Rice porridge and berries	Chicken quiche/ vegetable quiche pieces of root vegetable	Veggie balls dipping veggies dipping sauce	House quiche (e.g. rye-cruste minced meat and vegetable quiche) fresh bite	Bread cold cuts vegetable slices
Dinner	Saithe and rainbow trout sauce root vegetable and potato purée salad	Bolognese sauce brown pasta or potato salad	Chicken risotto salad	Meat soup bread vegetable slices	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 7, 13, 19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Organic barley flake porridge pureed berries pieces of root vegetable	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
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 potato salad	Minced meat spaghetti casserole salad	Fish in cheese sauce 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 L G E	Vegetable korma with organic tofu M G E VEG	Vegetable and spaghetti casserole	Root vegetable and soy stew
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	House snacks (2–3 products, e.g. whole grain cereal/bun, sandwich, fresh bite)	Yoghurt or curdled milk bread fruit
Dinner	Vegetable pyttipanna hash egg salad	Rainbow trout sauce mashed potato salad	Meat stew potato salad	Meat and macaroni casserole salad	Frankfurter soup house bread	Vegetable pizza salad	Chicken soup flatbread
Evening snack	Berry quark bread	Bread cold cuts vegetable slices	Rye bread or bun, vegetable fat spread vegetable slices	Berry porridge berries	Fruit pie pieces of root vegetable	Bread cheese fruit wedges	Porridge or thin porridge bread kissel

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