

Education Sector

Week 1 Calendar weeks 4, 10, 16, 22

Mon	Sausage sauce (G, L, M, E), Soya sausage sauce (L, M, B, P), Boiled potatoes, Salad buffet, Soft bread, <i>Organic crispbread</i> , Vegetable fat spread, Beverage
Tue	Fish soup (G, L, E, B, P), Puréed pea soup (G, L, E, B, P), Fruit and root vegetable wedges, Soft bread, <i>Organic crispbread</i> , Vegetable fat spread, Beverage
Wed	<i>Wheat tortillas (L, M, E, B, P) filled with vegetables (G, L, M, B, P), Lentil and cabbage risotto (L, M, E, B, P, VEG), Salad buffet, Crispbread, Vegetable fat spread, Beverage</i>
Thu	Chicken in a curry sauce (G, L, E, B, P), Vegetables in a curry sauce (G, L, B, P), Brown rice (G, L, M, E, B, P), Salad buffet, Crispbread, Vegetable fat spread, Beverage
Fri	Minced meat lasagnette (L, E, P), Vegetable lasagnette (L, E, B, P), Salad buffet, Crispbread, Vegetable fat spread, Beverage

Week 2 Calendar weeks 5, 11, 17, 23

Mon	Fish fingers (L, M, E, B, P), Beetroot croquettes (G, L, M, E, B, P), Tartar sauce (G, L, B, P), Mashed potatoes (G, L, E, B, P), Salad buffet, Crispbread, Vegetable fat spread, Beverage
Tue	<i>Lentil and pasta casserole (L, E, B, P), Tofu sauce made from organic tofu (G, L, E, B, P), Brown rice (G, L, M, E, B, P), Salad buffet, Crispbread, Vegetable fat spread, Beverage</i>
Wed	Chicken soup (G, L, E, B, P), Light cream cheese, Spinach soup (L, E, B, P), A hard-boiled egg (G, L, M, P, B), Fruit and root vegetable wedges, Soft bread, <i>Organic crispbread</i> , Vegetable fat spread, Beverage
Thu	Ham casserole (G, L, E, B), Greek vegetable casserole (G, L, E, B, P), Salad buffet, Crispbread, Vegetable fat spread, Beverage
Fri	Minced meat sauce (G, L, E, P), Italian tomato sauce (G, L, E, B, P), Whole grain spaghetti (L, M, E, B, P), Salad buffet, Soft bread, <i>Organic crispbread</i> , Vegetable fat spread, Beverage

Week 3 Calendar weeks 6, 12, 18, 24

Mon	Lemon fish (L, B, P), Root vegetable patties (G, L, M, E, B, P), Mashed potatoes (G, L, E, B, P), Salad buffet, Crispbread, Vegetable fat spread, Beverage
Tue	<i>Lentil and vegetable stew with yoghurt (G, L, E, B, P), Brown rice (G, L, M, E, B, P), Potato and bean casserole (G, L, E, B, P), Soft bread, Salad buffet, <i>Organic crispbread</i>, Vegetable fat spread, Beverage</i>
Wed	Sausage soup (G, L, M, E), Puréed carrot soup (G, L, E, B, P), Fruit and root vegetable wedges, Soft bread, <i>Organic crispbread</i> , Vegetable fat spread, Beverage
Thu	Meat and pasta casserole (L, P), Vegetable and pasta casserole (L, B, P), Ketchup (G, L, M, E, B, P), Salad buffet, Crispbread, Vegetable fat spread, Beverage
Fri	Georgian beef stew (G, L, E, P), Chickpea and vegetable ragout (G, L, M, E, B, P, VEG), Boiled potatoes, Salad buffet, Crispbread, Vegetable fat spread, Beverage

Menu codes

M = Milk free (non-dairy) product

L = Lactose-free product

LL = Low-lactose product (1 g or less per 100 g of finished product)

E = Egg-free

B = No beef

P = No pork

G = Gluten-free (Coeliac diet)

Beverage options are fat free milk,
and fat-free sour milk and water

VEG=Vegan product

Education Sector

Week 4 Calendar weeks 7, 13, 19, 25

Mon	Minced-meat balls (L, M, E, P), Carrot balls (G, L, M, E, B, P), Tzatziki (G, L, E, B, P), Mashed potatoes (G, L, E, B, P), Salad buffet, Crispbread, Vegetable fat spread, Beverage
Tue	Vegetable and noodle casserole (L, B, P), Organic tofu in sweet and sour sauce (G, L, M, E, B, P, VEG), Brown rice (G, L, M, E, B, P), Salad buffet, Crispbread, Vegetable fat spread, Beverage
Wed	Pea soup (G, L, M, E, B), Puréed beetroot soup (G, L, E, B, P) and crème fraîche (G, L, E, B, P), Fruit and root vegetable wedges, Soft bread, <i>Organic crispbread</i> , Vegetable fat spread, Beverage
Thu	Chicken and tomato sauce (G, L, M, E, B, P), Vegetarian Bolognese sauce (G, L, M, B, P), Whole grain spaghetti (L, M, E, B, P), Salad buffet, Soft bread, <i>Organic crispbread</i> , Vegetable fat spread, Beverage
Fri	Crispy fish fillets (L, M, E, B, P), Oat and broad bean patties (L, M, E, B, P), Cucumber and sour cream sauce (G, L, E, B, P), Boiled potatoes, Salad buffet, Crispbread, Vegetable fat spread, Beverage

Week 5 Calendar weeks 2, 8, 14, 20, 26

Mon	Pork stew with mustard (L, E, B), Boiled potatoes, Chili con vege (G, L, M, E, B, P, VEG), Brown rice (G, L, M, E, B, P), Saladbuffet, Crispbread, Vegetable fat spread, Beverage
Tue	Minced meat soup (G, L, M, E, P), Sweet potato and coconut soup (G, L, M, E, B, P, VEG) and spiced lentils (G, L, M, E, B, P, VEG), Light cream cheese, Fruit and root vegetable wedges, Soft bread, <i>Organic crispbread</i> , Vegetable fat spread, Beverage
Wed	Spinach pancakes (L, B, P), Vegetable croquettes (G, L, M, E, B, P), Mashed potatoes (G, L, E, B, P), Lingonberry jam, Cheese salad (L, B, P), Salad buffet, Crispbread, Beverage
Thu	Frankfurter sauce (L, M, E), Soya frankfurter sauce (L, M, B, P), Boiled potatoes, Salad buffet, <i>Organic crispbread</i> , Vegetable fat spread, Beverage
Fri	Salmon casserole (G, L, E, B, P), Chickpea casserole (G, L, E, B, P), Soft bread, Salad buffet, Crispbread, Vegetable fat spread, Beverage

Week 6 Calendar weeks 3, 9, 15, 21

Mon	Chicken nuggets (L, M, E, B, P), Sweet potato patties (G, L, M, B, P), Pineapple and sour cream sauce (G, L, E, B, P), Boiled potatoes, Salad buffet, Crispbread, Vegetable fat spread, Beverage
Tue	Saithe casserole with honey (L, E, B, P), Pea and sweet potato stew (G, L, M, E, B, P), Mashed potatoes (G, L, E, B, P), Salad buffet, Crispbread, Vegetable fat spread, Beverage
Wed	Pita bread (L, M, E, B, P), Lentil balls (L, M, B, P), Herb and sour cream sauce (G, L, E, B, P), Soya and cabbage casserole (G, L, M, E, B, P, VEG), Lingonberry purée, Salad buffet, Soft bread, <i>Organic crispbread</i> , Vegetable fat spread, Beverage
Thu	Meat soup (G, L, M, E, P), Whole grain barley porridge (L, E, B, P), Juice soup (G, L, M, E, B, P), Light cream cheese, Fruit and root vegetable wedges, Soft bread, <i>Organic crispbread</i> , Vegetable fat spread, Beverage
Fri	Meat and pasta casserole (L, P), Vegetable and pasta casserole (L, B, P), Ketchup (G, L, M, E, B, P), Salad buffet, Crispbread, Vegetable fat spread, Beverage

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City of Helsinki

Menus for comprehensive schools

Kevät 2019
AM/PK

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