

Week 1 **Calendar weeks 6, 12, 18, 24**

Mon	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, Soft bread, <i>Organic crispbread</i> , Vegetable fat spread, Beverage
Tue	Meat soup (G, L, M, E, P), Puréed pea soup (G, L, E, B, P), An ice cream/A popsicle, Fruit and root vegetable wedges, Soft bread, Crispbread, Vegetable fat spread, Beverage
Wed	Bean and pesto lasagnette (L, E, B, P), Chickpeas and vegetables in a korma sauce (G, L, E, B, P), Brown rice (G, L, M, E, B, P), Salad buffet, Soft bread, Crispbread, Vegetable fat spread, Beverage
Thu	Crispy fish fillets (L, M, E, B, P), Sweet potato patties (G, L, M, B, P), Cucumber and sour cream sauce (G, L, E, B, P), Mashed potatoes (G, L, E, B, P), Salad buffet, Soft bread, <i>Organic crispbread</i> , Vegetable fat spread, Beverage
Fri	Minced meat sauce (G, L, E, P), Vegetarian Bolognese sauce (G, L, E, B, P), Whole grain spaghetti (L, M, E, B, P) Salad buffet, Soft bread, Crispbread, Vegetable fat spread, Beverage

Week 2 **Calendar weeks 7, 13, 19, 25**

Mon	Chicken nuggets (L, M, E, B, P), Carrot balls (G, L, M, E, B, P), Pineapple and sour cream sauce (G, L, E, B, P), Boiled potatoes, Salad buffet, Soft bread, <i>Organic crispbread</i> , Vegetable fat spread, Beverage
Tue	Vegetable and noodle casserole (L, B, P), Chili con vege (G, L, M, E, B, P, VEG), Brown rice (G, L, M, E, B, P), Salad buffet, Soft bread, Crispbread, Vegetable fat spread, Beverage
Wed	Minced meat soup (G, L, M, E, P), Tomato and goat cheese soup (G, E, B, P), Light cream cheese, Sweet strawberry rice (G, L, E, B, P), Fruit and root vegetable wedges, Soft bread, <i>Organic crispbread</i> , Vegetable fat spread, Beverage
Thu	Frankfurter sauce (L, M, E), Soya frankfurter sauce (L, M, B, P), Boiled potatoes, Salad buffet, Soft bread, <i>Organic crispbread</i> , Vegetable fat spread, Beverage
Fri	Salmon casserole (G, L, E, B, P), Spicy lentil and potato casserole (G, L, E, B, P), Salad buffet, Soft bread, Crispbread, Vegetable fat spread, Beverage

Week 3 **Calendar weeks 2, 8, 14, 20, 26**

Mon	Kebab meat sauce (L, M, E, P), Bean and lentil curry (G, L, M, E, B, P, VEG), Brown rice (G, L, M, E, B, P), Salad buffet, Soft bread, <i>Organic crispbread</i> , Vegetable fat spread, Beverage
Tue	Spinach pancakes (L, B, P), Lingonberry jam, Oat and broad bean patties (L, M, E, B, P), Cheese salad (G, L, E, B, P), Mashed potatoes (G, L, E, B, P), Salad buffet, Soft bread, Crispbread, Vegetable fat spread, Beverage
Wed	Meat and pasta casserole (L, P), Vegetable and pasta casserole (L, B, P), Ketchup (G, L, M, E, B, P), Salad buffet, Soft bread, Crispbread, Vegetable fat spread, Beverage
Thu	Chicken soup (G, L, E, B, P), Puréed beetroot soup (G, L, E, B, P) and crème fraîche (G, L, E, B, P), Light cream cheese, Fruit salad (G, L, M, E, B, P), Fruit and root vegetable wedges, Soft bread, Crispbread, Vegetable fat spread, Beverage
Fri	Saithe casserole with honey (L, E, B, P), Lentil and vegetable stew with yoghurt (G, L, E, B, P), Mashed potatoes (G, L, E, B, P), Salad buffet, Soft bread, <i>Organic crispbread</i> , 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

Week 4 **Calendar weeks 3, 9, 15, 21**

Mon	Oven-baked sausage (G, L, M, E, B)/Frankfurter sauce (G, L, M, E), Soya frankfurters (L, M, B, P)/Soy frankfurter sauce (L, M, B, P), Ketchup (G, L, M, E, B, P), Boiled potatoes, Mashed potatoes (G, L, E, B, P), Salad buffet, Soft bread, <i>Organic crispbread</i> , Vegetable fat spread, Beverage
Tue	<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, Soft bread, Crispbread, Vegetable fat spread, Beverage</i>
Wed	Fish soup (G, L, E, B, P), Light cream cheese, Spinach soup (L, E, B, P), A hard-boiled egg (G, L, M, P, B), Mango quark (G, L, E, B, P), Fruit and root vegetable wedges, Soft bread, <i>Organic crispbread</i> , Vegetable fat spread, Beverage
Thu	Minced meat lasagnette (L, E, P), Vegetable lasagnette (L, E, B, P), Salad buffet, Soft bread, <i>Organic crispbread</i> , Vegetable fat spread, Beverage
Fri	Pork stew with mustard (L, E, B), Chickpea and vegetable ragout (G, L, M, E, B, P, VEG), Boiled potatoes, Salad buffet, Soft bread, Crispbread, Vegetable fat spread, Beverage

Week 5 **Calendar weeks 4, 10, 16, 22**

Mon	Fish fingers (L, M, E, B, P), Vegetable patties (G, L, M, E, B, P), Tartar sauce (G, L, B, P), Mashed potatoes (G, L, E, B, P), Salad buffet, Soft bread, <i>Organic crisp bread</i> , Vegetable fat spread, Beverage
Tue	Chicken sauce (G, L, E, B, P), Italian tomato sauce (G, L, E, B, P), Whole grain spaghetti (L, M, E, B, P), Salad buffet, Soft bread, Crispbread, Vegetable fat spread, Beverage
Wed	Pea soup (G, L, M, E, B), Puréed carrot soup (G, L, E, B, P), Pancake (L, B, P), Strawberry jam, Fruit and root vegetable wedges, Soft bread, <i>Organic crispbread</i> , Vegetable fat spread, Beverage
Thu	<i>Organic tofu in soy sauce (G, L, M, E, B, P, VEG), Brown rice (G, L, M, E, B, P, VEG), Lentil and pasta casserole (L, E, B, P), Salad buffet, Soft bread, Crispbread, Vegetable fat spread, Beverage</i>
Fri	Minced meat balls (L, M, E, P), Beetroot croquettes (G, L, M, E, B, P), Tzatziki (G, L, E, B, P), Mashed potatoes (G, L, E, B, P), Salad buffet, Soft bread, Crispbread, Vegetable fat spread, Beverage

Week 6 **Calendar weeks 5, 11, 17, 23**

Mon	Georgian beef stew (G, L, E, P), Ratatouille (G, L, M, E, B, P, VEG), Boiled potatoes, Salad buffet, Crispbread, Vegetable fat spread, Beverage
Tue	Meat and pasta casserole (L, P), Vegetable and pasta casserole (L, B, P), Ketchup (G, L, M, E, B, P), Salad buffet, Soft bread, <i>Organic crispbread</i> , Vegetable fat spread, Beverage
Wed	Sausage soup (G, L, M, E), Sweet potato and coconut soup (G, L, M, E, B, P, VEG) and spiced lentils (G, L, M, E, B, P, VEG), Light Emmental cheese, Berry kissel (G, L, M, E, B, P), Fruit and root vegetable wedges, Soft bread, Crispbread, Vegetable fat spread, Beverage
Thu	<i>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, Soft bread, Salad buffet, <i>Organic crispbread</i>, Vegetable fat spread, Beverage</i>
Fri	Lemon fish (L, B, P), Mashed potatoes (G, L, E, B, P), Cottage cheese and carrot vegetarian caviar (G, L, E, B, P) and oven-baked potato, Salad buffet, Soft bread, <i>Organic crispbread</i> , Vegetable fat spread, Beverage

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