

WEEK 1 MONDAY 4, 10, 16, 22

Lunch	Beef stew (L, P), carrots with tarragon (M,G,P,B), mashed potatoes (LL,G,P,B), soft organic bread (M,P,B)
Vegetarian lunch	Tofu sauce with apple (L,P,B, VEG), carrots with tarragon (M,G,P,B), whole grain rice (M,G,P,B), soft <i>organic</i> bread (M,P,B)
Side salad	Salad with Chinese cabbage, courgette and corn (M,G,P,B), grated carrot and swede with tangerine (M,G,P,B), mustard salad dressing (M,G,P,B)

TUESDAY

Lunch	Creamy salmon and saithe soup with <i>organic</i> root vegetables (L,G,P,B), egg (M,G,P,B), rye bread (M,P,B)
Vegetarian lunch	Spinach soup with organic spinach (L,P,B), egg (M,G,S,N), rye bread (M,P,B)
Dessert	<i>Organic</i> semolina porridge with rhubarb and strawberry (M,P,B, VEG)
Side salad	Fresh cucumber and tomato (M,G,P,B)

WEDNESDAY

Vegetarian lunch	Cheesy cauliflower, carrot and broccoli gratin (LL,G,P,B), corn (M,G,P,B), soft bread (M,P,B)
Vegetarian lunch	Tortillas with kidney bean filling (M,P,B, VEG), whole grain rice (M,G,P,B), soft bread (M,P,B)
Side salad	Salad with iceberg lettuce, melon and peas (M,G,P,B), grated cabbage (M,G,P,B), tomato salad dressing (M,G,P,B)

THURSDAY

Lunch	Traditional minced meat sauce (M,P), boiled potatoes (M,G,P,B)
Vegetarian lunch	Soy sauce with tomato (M,P,B, VEG), boiled potatoes (M,G,P,N)
Side salad	Salad with iceberg lettuce, tomato and cucumber (M,G,P,B), green beans (M,G,P,B), mustard salad dressing (M,G,P,B)

FRIDAY

Lunch	Chicken balls (M,P,B), warm curry sauce (L,G,P,B), boiled potatoes (M,G,P,B)
Vegetarian lunch	Vegetable and bean croquettes (M,P,B, VEG), warm curry sauce (L,G,P,B,VEG), assorted vegetables (M,G,P,B), boiled potatoes (M,G,P,B)
Side salad	Salad with tomato and onion (M,G,P,B), grated carrot, courgette and radish (M,G,P,B), herb salad dressing (M,G,P,B)

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WEEK 2 MONDAY	Calendar weeks: 5, 11, 17, 23
Lunch	Frankfurter sauce (M), mustard-roasted root vegetables (M,G,P,B), boiled potatoes (M,G,P,B), soft bread (M,P,B)
Vegetarian lunch	Soya frankfurter sauce (M,P,B), mustard-roasted root vegetables (M,G,P,B), boiled potatoes (M,G,P,B), soft bread (M,P,B)
Side salad	Grated carrot with pineapple (M,G,P,B), salad with cabbage, tomato and pickle (M,G,P,B), tomato salad dressing (M,G,P,B)
TUESDAY	
Lunch	Crispy fish fillet (M,P,B), tartar sauce (L,G,P,B), assorted vegetables with herbs (M,G,P,B), boiled potatoes (M,G,P,B)
Vegetarian lunch	Vegetable balls (M,P,B), tartar sauce (L,G,P,B), assorted vegetables with herbs (M,G,P,B),, whole grain spaghetti (M,P,B)
Side salad	Salad with iceberg lettuce, courgette and pepper (M,G,P,B), grated cabbage with orange (M,G,P,B), mustard salad dressing (M,G,P,B)
WEDNESDAY	
Lunch	Minced meat soup with <i>organic</i> root vegetables (L,M,G,P), cold cuts (M,G,B), rye bread (M,P,B)
Vegetarian lunch	Coconut and lentil soup with <i>organic</i> lentils and <i>organic</i> vegetables (M,P,B, G, VEG), cheese (L,G,B,P), rye bread (M,P,B)
Dessert	Orange rice with <i>organic</i> rice and <i>organic</i> cream (LL,G,P,B)
Side salad	Fresh cucumber and apple (M,G,P,B)
THURSDAY	
Vegetarian lunch	Pasta Bolognese with Mifu (L,G,P,B) and <i>organic</i> whole grain pasta (L,P,B)
Vegetarian lunch	Veggie fingers (M,P,B, VEG), lentil and sour cream sauce (L,G,P,B), boiled potatoes (M,G,P,B)
Side salad	Salad with iceberg lettuce, Chinese cabbage and cucumber (M,G,P,B), grated swede with peach (M,G,P,B), mustard salad dressing (M,G,P,B)
FRIDAY	
Lunch	<i>Chicken stew with herbs</i> (L,G,P,B), whole grain barley (M,P,B)/ whole grain rice (M,G,P,B), soft <i>organic</i> bread (M,P,B)
Vegetarian lunch	Root vegetable pyttipanna hash (M,G,P,B, VEG), fried egg (M,G,P,B), soft <i>organic</i> bread (M,P,B)
Side salad	Salad with iceberg lettuce, melon and corn (M,G,P,B), grated cabbage, red cabbage and pumpkin (M,G,P,B), beetroot wedges (M,G,P,B), herb salad dressing (M,G,P,B)
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WEEK 3 MONDAY		Calendar weeks: 6, 12, 18
Lunch	Meat balls (M,P), cream sauce (L,P), mashed potatoes (LL,G,P,B)	
Vegetarian lunch	Moroccan vegetable patties(M,G,P,B, VEG), cream sauce (L,P,B), mashed potatoes (LL,G,P,B)	
Side salad	Salad with Chinese cabbage and pineapple (M,G,P,B), grated carrot and swede with lingonberries (M,G,P,B), tomato salad dressing (M,G,P,B)	
TUESDAY		
Lunch	Chicken soup with <i>organic</i> root vegetables (M,G,P,B), <i>organic smoked ham</i> (L,G,B), rye bread (M,P,B)	
Vegetarian lunch	Tofu and vegetable soup with <i>organic</i> tofu and <i>organic</i> vegetables (M,G,P,B, VEG), omelette (L,G,P,B), rye bread (M,P,B)	
Dessert	Bilberry and yoghurt drink made from <i>organic</i> bilberry soup and <i>organic</i> yoghurt (L,G,P,B)	
Side salad	Fresh swedes, carrots and oranges (M,G,P,B)	
WEDNESDAY		
Lunch	Rainbow trout casserole (L,G,P,B), cauliflower and carrots (M,G,P,B), soft bread (M,P,B)	
Vegetarian lunch	Lasagnette with white beans (LL,P,B), cauliflower and carrots (M,G,P,B), soft bread (M,P,B)	
Side salad	Salad with iceberg lettuce, Chinese cabbage and melon (M,G,P,B), salad with cucumber and chickpeas (M,G,P,B), mustard salad dressing (M,G,P,B)	
THURSDAY		
Vegetarian lunch	Spinach pancakes (LL,P,B), lingonberry jam (M,G,P,B,VEG), peas (M,G,P,B), mashed potatoes (LL,G,P,B)	
Vegetarian lunch	Vegetable patties (M,P,B), lentil and sour cream sauce (LL,G,P,B), mashed potatoes (L,G,P,B)	
Side salad	Grated cabbage and carrot with tangerine (M,G,P,B), green salad with beetroot, apple and cucumber (M,G,P,B), mustard salad dressing (M,G,P,B)	
FRIDAY		
Lunch	Beef stew with sour cream (L,P), carrot and corn mix (M,G,P,B), boiled potatoes (M,G,P,B), soft <i>organic</i> bread (M,P,B)	
Vegetarian lunch	Chickpea stew, carrot and corn mix (M,G,P,B, VEG), boiled potatoes (M,G,P,B), soft <i>organic</i> bread (M,P,B)	
Side salad	Salad with iceberg lettuce, cucumber and tomato (M,G,P,B), apple-marinated courgette (M,G,P,B), pickled cucumbers (M,G,P,B), herb salad dressing (M,G,P,B)	
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WEEK 4 MONDAY **Calendar weeks: 1, 7, 13, 19**

Lunch	Rainbow trout balls (M,P,B,G), dill and sour creams sauce (L,G,P,B), boiled potatoes (M,G,P,B)
Vegetarian lunch	Quinoa patties (M,P,B), dill and sour creams sauce (L,G,P,B), boiled potatoes (M,G,P,B)
Side salad	Salad with Chinese cabbage, iceberg lettuce, cucumber and corn (M,G,P,B), salad with cauliflower, peas and pepper (M,G,P,B), tomato salad dressing (M,G,P,B)

TUESDAY

Lunch	Chicken lasagne (L,P,B), warm red cabbage and apple salad (M,G,P,B), blackcurrant jam (M,G,P,B), soft <i>organic</i> bread (M,P,B)
Vegetarian lunch	Vegetables and noodles in teriyaki sauce (M,P,B), red cabbage and apple salad (M,G,P,B), soft <i>organic</i> bread (M,P,B)
Side salad	Salad with iceberg lettuce, tomato and cucumber (M,G,P,B), grated carrot, courgette and radish (M,G,P,B), tomato salad dressing (M,G,P,B)

WEDNESDAY

Vegetarian lunch	Carrot patties (M,P,B), tartar sauce (L,G,P,B), green beans (M,G,P,B), whole grain barley (M,P,B)
Vegetarian lunch	Soya and vegetable sauce (M,P,B, VEG), green beans (M,G,P,B), whole grain pasta (M,P,B)/mashed potatoes and root vegetable (LL,G, P,N)
Side salad	Grated radish, swede, courgette and pepper (M,G,P,B) , dilled cucumber (M,G,P,B), mustard salad dressing (M,G,P,B)

THURSDAY

Lunch	Rice porridge/semolina porridge/barley porridge(LL,G,P,B), egg (M,G,P,B), rye bread (M,P,B)
Lunch	Sausage soup with <i>organic</i> vegetables (M,G,B, VEG), egg (M,G,P,B), rye bread (M,P,B)
Dessert	Banana quark with <i>organic</i> quark (L,G,P,B)
Side salad	Fresh tomato and apple (M,G,P,B)

FRIDAY

Lunch	Pork and vegetables in sweet and sour sauce (M,G,B), whole grain rice (M,G,P,B), soft bread (M,P,B)
Vegetarian lunch	Beans and vegetables in sweet and sour sauce (M,G,P,B), whole grain rice (M,G,P,B), soft bread (M,P,B)
Side salad	Salad with iceberg lettuce, cucumber, apple and pineapple (M,G,P,B), cabbage salad (M,G,P,B), herb salad dressing (M,G,P,B)

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WEEK 5 MONDAY	Calendar weeks: 2, 8, 14, 20
Lunch	Chicken in curry sauce (L,P,B), blackcurrant jam (M,G,P,B), bean and red onion bake(M,G,P,B), whole grain rice (M,G,P,B), soft <i>organic</i> bread (M,P,B)
Vegetarian lunch	Broccoli risotto (L,G,P,B), grated Parmesan cheese (L,G,P,B) soft <i>organic</i> bread (M,P,B)
Side salad	Salad with iceberg lettuce and Chinese cabbage (M,G,P,B), grated carrot (M,G,P,B), salad with beans and tomato (M,G,P,B), herb salad dressing (M,G,P,B)
	Monday and Friday lunches switched around
TUESDAY	
Vegetarian lunch	Chili sin carne (M,G,P,B,VEG), fried green beans(M,G,P,B,VEG), whole grain rice (M,G,P,B)
Vegetarian lunch	French vegetable ragout (M,G,P,B, VEG), feta cheese (LL,G,P,B), whole grain rice (M,G,P,B)
Side salad	Salad with iceberg lettuce, courgette and pepper (M,G,P,B), grated red cabbage, white cabbage and peach(M,G,P,B), tomato salad dressing (M,G,P,B)
WEDNESDAY	
Lunch	Meat soup with beef and <i>organic</i> root vegetables (M,G,P), cheese (L,G,P,B), rye bread (M,P,B)
Vegetarian lunch	Puréed cauliflower soup (L,G,P,B), cheese (L,G,P,B), rye bread (M,P,B)
Dessert	Mango and sour milk drink made from <i>organic</i> sour milk (LL,G,P,B)
Side salad	Fresh cucumber, tomato and oranges(M,G,P,B)
THURSDAY	
Lunch	Fish fingers (M,P,B), lentil and tartar sauce (L,G,P,B), broccoli (M,G,P,B) , mashed potatoes (LL,G,P,B)
Vegetarian lunch	Veggie fingers (M,P,B, VEG), lentil and tartar sauce (L,G,P,B), broccoli (M,G,P,B) , mashed potatoes (LL,G,P,B)
Side salad	Salad with iceberg lettuce, Chinese cabbage, peas and melon (M,G,P,B), salad with swede, radish and pineapple (M,G,P,B), mustard salad dressing (M,G,P,B)
FRIDAY	
Lunch	Meat and pasta casserole (LL,P), roasted vegetables (M,G,P,B)
Vegetarian lunch	Beetroot casserole (P,B), roasted vegetables (M,G,P,B)
Side salad	Grated carrot and radish with corn (M,G,P,B), salad with tomato and onion (M,G,P,B), mustard salad dressing (M,G,P,B)

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WEEK 6 MONDAY 36, 42, 48	
Lunch	Pork with Peruvian pepper (L,G,B) whole grain rice (M,P,B), soft organic bread (M,P,B)
Vegetarian lunch	Cauliflower gratin (LL,P,B), carrot and corn mix (M,G,P,B)
Side salad	Salad with iceberg lettuce, tomato and cucumber (M,G,P,B), grated cauliflower with sunflower seeds (M,G,P,B), tomato salad dressing (M,G,P,B)
TUESDAY	
Lunch	Orange-and-chilli-encrusted oven-baked fish (VL, G, P, B), courgette (M,G,P,B), boiled potatoes (M,G,P,B), soft <i>organic</i> bread (M,P,B)
Vegetarian lunch	Spanish omelette (L,G,P,B), courgette (M,G,P,B), boiled potatoes (M,G,P,B), soft <i>organic</i> bread (M,P,B)
Side salad	Salad with iceberg lettuce, Chinese cabbage and tangerine (M,G,P,B), grated swede with peach (M,G,P,B), olives (M,G,P,B), mustard salad dressing (M,G,P,B)
WEDNESDAY	
Vegetarian lunch	Tomato and mozzarella pizza (LL,P,B), soft bread (M,P,B)
Vegetarian lunch	Fresh tomato sauce (M,G,P,B, VEG), whole grain spaghetti (M,P,B), soft bread (M,P,B)
Side salad	Salad with iceberg lettuce, Chinese cabbage and tomato (M,G,P,B), grated carrot (M,G,P,B), herb salad dressing (M,G,P,B)
THURSDAY	
Lunch	Pea soup with <i>organic</i> peas (M,G,B), cheese (L,G,P,B), rye bread (M,P,B)
Vegetarian lunch	Vegetarian pea soup with <i>organic</i> peas (M,G,P,B, VEG), cheese (L,G,P,B), rye bread (M,P,B)
Dessert	Pancake made with <i>organic</i> flour (LL,P,B), jam (M,G,P,B)
Side salad	Fresh tomato, cucumber and apple (M,G,P,B)
FRIDAY	
Lunch	Minced meat patties (M,G,P), gravy (L,G,P) , mashed potatoes (LL,G,P,B), soft bread (M,P,B)
Vegetarian lunch	Root vegetable patties (L,P,B), gravy (L,G,P,B) , mashed potatoes (LL,G,P,B), soft bread (M,P,B)
Side salad	Salad with iceberg lettuce, Chinese cabbage, corn and melon (M,G,P,B) , dilled cucumber (M,G,P,B), mustard salad dressing (M,G,P,B)

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