

<b>WEEK 1</b>	<b>Weeks 4, 10, 16, 22</b>
<b>MONDAY</b>	
Lunch	Beef stew with garlic (L,P), carrots with tarragon (M,G,P,B), whole grain rice (LL,G,P,B)
Lunch	Janssons frestelse (L,G,P,B), carrots with tarragon (M,G,P,B)
Vegetarian lunch	Chickpea and bean curry (M,G,P,B, VEG) , whole grain rice (M,G,P,B),
Side salad	Salad with iceberg lettuce, cucumber and tomato (M,G,P,B), beetroot wedges (M,G,P,B),, mustard salad dressing (M,G,P,B)
<b>TUESDAY</b>	
Lunch	Thai coconut chicken soup (M,G,P,B), egg (M,G,P,B), rye bread (M,P,B)
Vegetarian lunch	Spinach soup (LL,P,B), egg (M,G,P,B), rye bread (M,P,B)
Dessert	Semolina porridge with lingonberry (M,P,B, VEG)
Side salad	Fresh tomato and apple (M,G,P,B)
<b>WEDNESDAY</b>	
Vegetarian lunch	Soy and vegetable lasagnette (L,P,B), cauliflower (M,G,P,B), soft <i>organic</i> bread (M,P,B)
Vegetarian lunch	Tortillas with soya and bean filling (M,P,B, VEG), whole grain rice (M,G,P,B), soft <i>organic</i> bread (M,P,B)
Side salad	Salad with iceberg lettuce, melon and peas (M,G,P,B), grated swede (M,G,P,B), tomato salad dressing (M,G,P,B)
<b>THURSDAY</b>	
Lunch	Pasta Bolognese (M,G,P), green beans (M,G,P,B), whole grain spaghetti (M,P,B)
Lunch	Baltic herring patties (LL,P,B), sour cream sauce (L,G,P,B), green beans (M,G,P,B), mashed potatoes (LL,G,P,B)
Vegetarian lunch	Bolognese with Mifu and tomato (L,G,P,B), green beans (M,G,P,B), whole grain spaghetti (M,P,B)
Side salad	Salad with iceberg lettuce and cucumber (M,G,P,B), roasted cauliflower and broccoli (M,G,P,B), canned peaches (M,G,P,B), mustard salad dressing (M,G,P,B)
<b>FRIDAY</b>	
Lunch	Sausages with cheese (L,G,B), assorted vegetables (M,G,P,B), mashed potatoes (LL,G,P,B), soft organic bread (M,P,B)
Lunch	Minced meat and potato casserole (L,G,P), assorted vegetables (M,G,P,B), soft organic bread (M,P,B)
Vegetarian lunch	Broccoli and sour cream risotto (L,G,P,B), Parmesan cheese (L,G,P,B), assorted vegetables (M,G,P,B)
Side salad	Salad with iceberg lettuce, tomato and onion (M,G,P,B), grated carrot, courgette and radishes (M,G,P,B), herb salad dressing (M,G,P,B)

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**WEEK 2**  
**MONDAY**      **Weeks 35, 11, 17, 23**

- Lunch              Liver and bacon stew (L), boiled potatoes (M,G,B,P)
- Lunch              Minced meat lasagnette (L,P)
- Vegetarian lunch Spanish omelette (L,G,B,P), bean salsa (M,G,B,P)
- Side salad        Salad with iceberg lettuce and cucumber (M,G,P,B), grated carrot with pineapple (M,G,S,B)  
tomato salad dressing (M,G,P,B)

**TUESDAY**

- Lunch              Fish fingers (M,P,B), tartar sauce (L,G,P,B)  
cauliflower and broccoli (M,G,P,B), mashed potatoes (LL,G,P,B)
- Lunch              Turkey casserole (L,G,P,B), cauliflower and broccoli (M,G,P,B)
- Vegetarian lunch Veggie fingers (M,P,B,VEG), lentil and tartar sauce (L,G,P,B)  
cauliflower and broccoli (M,G,P,B), mashed potatoes (LL,G,P,B)
- Side salad        Salad with iceberg lettuce, courgette and pepper (M,G,P,B), grated red cabbage (M,G,P,B), pickled cucumbers (M,G,P,B)  
mustard salad dressing (M,G,P,B)

**WEDNESDAY**

- Lunch              Salmon soup (L,G,P,B), rye bread (M,P,B)
- Vegetarian lunch Coconut and lentil soup (M,G,P,B,VEG), rye bread (M,P,B)
- Dessert            Chocolate kissel (G,P,B)
- Side salad        Fresh cucumber and apple (M,G,P,B)

**THURSDAY**

- Vegetarian lunch Spinach and ricotta pasta (P,B), bean and vegetable mix with herbs (M,G,P,B)  
soft *organic* bread (M,P,B)
- Vegetarian lunch Feta cheese and vegetable pie (P,B), assorted beans and vegetables with herbs (M,G,P,B)  
soft *organic* bread (M,P,B)
- Side salad        Salad with iceberg lettuce, cucumber and tomato (M,G,P,B)  
beetroot wedges (M,G,P,B)  
mustard salad dressing (M,G,P,B)

**FRIDAY**

- Lunch              Herb-roasted chicken drumsticks (M,G,P,B), lemon sauce (LL,G,P,B),  
whole grain rice (M,G,P,B), *organic* bread (M,P,B)
- Lunch              Shellfish paella (M,G,P,B), *organic* bread (M,P,B)
- Vegetarian lunch Vegetarian paella (M,G,P,B,VEG), *organic* bread (M,P,B)
- Side salad        Salad with iceberg lettuce, melon and corn (M,G,P,B), grated carrot (M,G,P,B),  
herb salad dressing (M,G,P,B)
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**WEEK 3 MONDAY Weeks 6, 12, 18**

Lunch	Pita bread (M,P,B), kebab meat in tomato sauce (M,G,P) jalapeños (M,G,P,B) crème fraîche (L,G,P,B)
Lunch	Oven-baked potatoes (M,G,P,B), chicken filling (L,G,P,B)
Vegetarian lunch	Soya and vegetable wok (M,G,P,B,VEG), whole grain rice (M,G,P,B)
Side salad	Salad with Chinese cabbage, iceberg lettuce, cucumber and tomato (M,G,P,B) grated carrot with tangerine (M,G,P,B), tomato salad dressing (M,G,P,B)

**TUESDAY**

Lunch	Frankfurter soup (M,G), cheese (L,G,P,B), rye bread (M,P,B)
Vegetarian lunch	Puréed sweet potato and parsnip soup with ginger-roasted broad bean crumbs(M,G,P,B,VEG), cheese (L,G,P,B), rye bread (M,P,B)
Dessert	Blueberry and banana smoothie (L, G, P, B)
Side salad	Fresh carrots and bananas (M,G,P,B)

**WEDNESDAY**

Lunch	Pasta casserole (P), soft <i>organic</i> bread (M,P,B)
Lunch	Curry and Chicken sauce (L, G, P, N), whole grain rice (M, G, P, B) soft <i>organic</i> bread (M,P,B)
Vegetarian lunch	Vegetables, nut and noodles in teriyaki sauce (M,P,B), soft <i>organic</i> bread (M,P,B)
Side salad	Salad with iceberg lettuce, cucumber and tomato (M,G,P,B), salad with cabbage and pickles (M,G,P,B), olives (M,G,P,B), salad dressing with mustard (M,G,P,B)

**THURSDAY**

Vegetarian lunch	Spinach pancakes (L,P,B), lingonberry jam (M,G,P,B,VEG), peas (M,G,P,B), mashed potatoes (LL,G,P,B)
Vegetarian lunch	Vegetable patties (L,P,B), lentil and sour cream sauce (L,G,P,B), mashed potatoes (LL,G,P,B)
Side salad	Salad with iceberg lettuce, Chinese cabbage, cucumber and melon (M,G,P,B) pickled cucumber slices (M,G,P,B) mustard salad dressing (M,G,P,B)

**FRIDAY**

Lunch	Turkey and pineapple sauce (L,G,P,B), whole grain rice (M,G,P,B), soft <i>organic</i> bread (M,P,B)
Lunch	Salmon casserole (L,G,P,B), soft <i>organic</i> bread (M,P,B)
Vegetarian lunch	Beetroot and soya gratin with cheese (G,P,B) , soft <i>organic</i> bread (M,P,B)
Side salad	Salad with iceberg lettuce and tomato (M,G,P,B), dilled cucumber(M,G,P,B), herb salad dressing (M,G,P,B)

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**WEEK 4 Weeks 6, 12, 18**

**MONDAY**

Lunch	Rainbow trout balls (M,P,B,G), courgette and vegetable bake (M,G,P,B) mint and yoghurt sauce (L,G,P,B), boiled potatoes (M,G,P,B)
Lunch	Sausage sauce (L), mashed potatoes (LL,G,P,B)
Vegetarian lunch	Quinoa patties (M,P,B), courgette and vegetable bake (M,G,P,B,VEG) mint and yoghurt sauce (L,G,P,B), boiled potatoes (M,G,P,B)
Side salad	Salad with Chinese cabbage, cucumber and corn (M,G,P,B), salad with cauliflower, beans and pepper (M,G,P,B), tomato salad dressing (M,G,P,B)

**TUESDAY**

Lunch	Chicken lasagnette (L,P,B), cauliflower and carrots (M,G,P,B), soft <i>organic</i> bread (M,P,B)
Lunch	Minced meat patties (L,P,G), gravy (L, G, P), cauliflower and carrots (M,G,P,B), boiled potatoes (M,G,P,B), soft <i>organic</i> bread (M,P,B)
Vegetarian lunch	Lasagnette with white beans (L,P,B), cauliflower and carrots (M, G, P,B, soft <i>organic</i> bread (M,P,B)
Side salad	Salad with iceberg lettuce and grated carrots, courgettes and radishes (M,G,P,B), grated carrot, courgette and radish (M,G,P,B), salad dressing with tomato (M,G,P,B)

**WEDNESDAY**

Vegetarian lunch	Vegetarian pizza (L,P,B)
Vegetarian lunch	Chili sin carne (M,G,P,B,VEG), green beans(M,G,P,B), whole grain rice (M,G,P,B)
Side salad	Salad with iceberg lettuce, Chinese cabbage, corn, melon and parsley (M,G,P,B), Coleslaw (M,G,P,B), mustard salad dressing (M,G,P,B)

**THURSDAY**

Vegetarian lunch	Rice porridge/semolina porridge/barley porridge (LL,G,P,B), berry soup (M,G,P,B), cold cuts/egg/cheese spread (M,G,B/LL,G,B,P), rye bread (M,P,B)
Lunch	Fish soup (L,G,P,B), cheese (L,G,P,B), rye bread (M,P,B)
Dessert	Fruit quark (L,G,P,B)
Side salad	Fresh cucumber and apple (M,G,P,B)

**FRIDAY**

Lunch	Spiced pork with sage (M,G,B), boiled potatoes (M,G,P,B) soft <i>organic</i> bread (M,P,B)
Lunch	Cabbage and minced meat casserole (M,G,P), soft <i>organic</i> bread (M,P,B)
Vegetarian lunch	Tomato and mozzarella casserole (LL,G,B,P), soft <i>organic</i> bread (M,P,B)
Side salad	Salad with iceberg lettuce and tomato (M,G,P,B), grated radishes and swede (M,G,P,B), herb salad dressing (M,G,P,B)

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**WEEK 5**      **Weeks 2, 8, 14, 20**

**MONDAY**

- Lunch              Kebab casserole (L,G,P), roasted vegetables (M,G,P,B)
- Lunch              Pyttipanna hash (M,G), fried egg (M,G,B,P), roasted vegetables (M,G,P,B)
- Vegetarian lunch Root vegetable pyttipanna hash (M,G,B,P,VEG), fried egg (M,G,B,P), roasted vegetables (M,G,P,B)
- Side salad         Salad with Chinese cabbage, tomato and onion (M,G,P,B), grated carrot and radishe with peas (M,G,P,B) mustard salad dressing (M,G,P,B)

**TUESDAY**

- Vegetarian lunch Pita bread with falafel balls, bean salsa and tzatziki sauce (LL,P,B), soft *organic* bread (M,P,B)
- Vegetarian lunch Tofu and courgettes in herb and tomato sauce (M,B,P,VEG), whole grain rice (M,G,B,P), soft *organic* bread (M,B,P)
- Side salad         Salad with iceberg lettuce, cucumber and pepper (M,G,B,P), potato salad with corn (M,G,B,P) tomato salad dressing (M,G,P,B)

**WEDNESDAY**

- Lunch              Turkey soup (M,G,P,B), rye bread (M,P,B)
- Vegetarian lunch Carrot and smoked cheese soup (LL,G,P,B), rye bread (M,P,B)
- Dessert            Ice cream (G,P,B)
- Side salad         Fresh tomato and oranges(M,G,P,B)

**THURSDAY**

- Lunch              Saithe gratinated with tomato and vegetable salsa (M,G,P,B), oven-baked root vegetables (M,G,P,B), whole grain barley (M,P,B) soft *organic* bread (M,P,B)
- Lunch              Minced meat sauce (L,P), boiled potatoes (M,G,P,B), oven-baked root vegetables (M,G,P,B) soft *organic* bread (M,P,B)
- Vegetarian lunch Carrot patties (M,P,B), lentil and sour cream sauce (L,G,P,B) oven-baked root vegetables (M,G,P,B), whole grain barley (M,P,B), soft *organic* bread (M,G,P,B)
- Side salad         Salad with iceberg lettuce, cucumber, melon and corn (M,G,P,B), pickled cucumbers (M,G,P,B),, mustard salad dressing (M,G,P,B)

**FRIDAY**

- Lunch              Chicken and mushroom stew (L,P,B), whole grain rice (M,G,P,B)
- Lunch              Sailor's casserole (M,G,P)
- Vegetarian lunch Fried whole grain noodles, vegetables and tofu (M,P,B)
- Side salad         Salad with iceberg lettuce, beans and tomato (M,G,P,B), grated carrot (M,G,P,B), herb salad dressing (M,G,P,B)

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<b>WEEK 6</b>	<b>Weeks 3, 9, 15, 21</b>
<b>MONDAY</b>	
Lunch	Stroganoff (L,P), oven-baked root vegetables with spinach (M,G,P,B), boiled potatoes (M,G,B,P)
Lunch	Chicken casserole (L,G,P,B)), oven-baked vegetables with spinach (M,G,P,B)
Vegetarian lunch	Omelette roll with mushrooms, pepper and onion (LL,P,B), oven-baked vegetables with spinach (M,G,P,B,VEG)
Side salad	Salad with iceberg lettuce, Chinese cabbage and tomato (M,G,P,B), grated cauliflower with sunflower seeds, tomato salad dressing (M,G,P,B)
<b>TUESDAY</b>	
Lunch	Crispy fish fillet (M,P,B), red onion and sour cream sauce (L,G,P,B), boiled potatoes (M,G,P,B), soft <i>organic</i> bread (M,P,B)
Lunch	Lasagne (LL,P), soft <i>organic</i> bread (M,P,B)
Vegetarian lunch	Couscous, vegetables and cashews (M,P,B) red onion and sour cream sauce (L,G,P,B), soft <i>organic</i> bread (M,P,B)
Side salad	Salad with Chinese cabbage, iceberg lettuce, tangerine and tomato (M,G,P,B) grated swede and carrot (M,G,P,B),, mustard salad dressing (M,G,P,B)
<b>WEDNESDAY</b>	
Vegetarian lunch	Sweet potato and bean ragout (M,G,P,B, VEG), fried green beans(M,G,P,B, VEG), whole grain rice (M,G,P,B)
Vegetarian lunch	Greek vegetable ragout (L,G,P,B), fried green beans, whole grain rice (M,G,P,B,VEG)
Side salad	Salad with iceberg lettuce and tomato (M,G,P,B), grated cabbage and red cabbage (M,G,P,B) herb salad dressing (M,G,P,B)
<b>THURSDAY</b>	
Lunch	Pea soup (M,G,B), cheese (L,G,P,B), rye bread (M,P,B)
Vegetarian lunch	Vegetarian pea soup (M,G,P,B,VEG), cheese (L,G,P,B), rye bread (M,P,B)
Dessert	Pancake (LL,P,B), jam (M,G,P,B)
Side salad	Fresh cucumber and apple (M,G,P,B)
<b>FRIDAY</b>	
Lunch	Minced meat balls (M,P), cream sauce (L,P), boiled potatoes (M,G,P,B) soft <i>organic</i> bread (M,P,B)
Lunch	Ham and pasta casserole (L, B), soft <i>organic</i> bread (M,P,B)
Vegetarian lunch	Moroccan vegetable patties (M,G,P,B,VEG), sour cream sauce (L,P,B,G), 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), mustard salad dressing (M,G,P,B)
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