

## Basic menu for tendered day care centres 2019

Week 1 weeks 5, 11, 17	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Organic oatmeal porridge berries	Rye gruel from organic flakes bread from organic grain cold cuts fruit wedges	Organic wheat porridge cut roots	Bread from organic grain cheese cocoa sliced vegetables	4 grain gruel from organic flakes bread from organic grain cheese juice
Lunch	Minced meat and mashed potato bake L G P E <u>Minced meat and mashed potato bake</u> <u>M G P E *</u> salad	Fresh sausage soup M G E / Sausage soup M G E <u>Minced turkey soup</u> <u>M G B P E *</u> fresh bites bread from organic grain  Fruit drink from organic sour milk G E	Spinach pancakes L Carrot pancakes L mashed potato L G E Salad à la Naples L E <u>Lentil and vegetable stew</u> M G E VEG * <u>mashed potato</u> M G E * mashed lingonberry salad bread from organic grain	Trout and potato bake L G B P E <u>Trout and potato bake</u> <u>M G B P E *</u> salad	Turkey in sweet&sour sauce M G B P E brown or wholegrain rice <u>Turkey sauce</u> <u>M G B P E *</u> salad  For toddlers: mashed organic roots L G E
Vegetarian dish	Vegetable and mashed potato bake (soy) M G E VEG <u>Vegetable and mashed potato bake</u> M G E *	Pureed vegetable and lentil soup L G E <u>Pureed vegetable and lentil soup</u> M G E VEG *	Spinach pancakes L Carrot pancakes L mashed potato L G E <u>Lentil and vegetable stew</u> M G E VEG *	Vegetable and chickpea bake L G E <u>Spaghetti and vegetable bake</u> M G E VEG *	Vegetarian Korma with organic tofu M G E VEG <u>Vegetable Bolognese</u> <u>M G E VEG *</u>
Snack	Roll from organic grain cheese sliced vegetables	Karelian pasty egg spread cut roots	Organic plain yoghurt and pureed fruit bread from organic grain	Barley porridge from organic groats and pureed berries	Bread from organic grain cold cuts fruit wedges

## Basic menu for tendered day care centres 2019

Week 2 weeks 6, 12, 18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Organic barley porridge pureed berries	Plain organic yoghurt or organic curd milk pureed fruit bread from organic grain sliced egg, cut roots	Bread or roll from organic grain cheese sliced vegetables or wedges	Organic 4 grain porridge cut fruit	Semolina gruel bread from organic grain cheese vegetable slices or wedges
Lunch	Hamburger patties M E and M P E brown sauce L B P E <u>Beef meatloaf M G P E *</u> potatoes salad	Vegetable lasagnette from organic pasta (soy) L E Vegetable and bean paella (quorn) M G <u>Vegetable risotto</u> <u>M G E VEG *</u> salad bread from organic grain	Fish fingers M B P E tartar sauce M G B P potatoes <u>Cubed trout</u> <u>M G B P E *</u> salad	Pea soup from organic peas M G B E and Goulash soup with minced meat M G P E <u>Minced meat soup M G B E *</u> vegetable slices or wedges bread from organic grain cheese  Thick pancake from organic flour L B P, mashed berries	Chicken sauce L G B P E organic pasta <u>Chicken shreds</u> <u>M G B P E *</u> salad
Vegetarian dish	Vegetable patties (bean, soy) M G E VEG <u>Vegetable loaf</u> <u>M G E VEG *</u>	Vegetable lasagnette from organic pasta (soy) L E , Vegetable and bean paella (quorn) M G <u>Vegetable risotto</u> <u>M G E VEG *</u>	Veggie fingers M E VEG <u>Soy Bolognese</u> <u>M G E VEG *</u>	Vegetarian pea soup from organic peas M G E VEG and Pureed vegetable soup M G E VEG <u>Pureed potato and sweet</u> <u>potato soup M G E VEG *</u>	Roots and lentil stew M G E VEG <u>Lentil and vegetable stew</u> <u>M G E VEG *</u>
Snack	Bread or roll from organic grain, cheese sliced vegetables	Berry porridge berries	House snack (e.g. vegetable and fruit platter, dip bread from organic grain)	Fruit drink from organic sour milk bread from organic grain vegetable slices	Minced meat pasty root wedges

## Basic menu for tendered day care centres 2019

Week 3 weeks 7, 13, 19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Organic 4 grain porridge fruit wedges	Plain organic yoghurt or organic curd milk, muesli bread from organic grain sliced egg root wedges	Wheat gruel from organic flakes bread from organic grain cheese fruit wedges	Semolina porridge pureed berries bread from organic grain	Oatmeal gruel from organic flakes bread from organic grain cold cuts juice
Lunch	Minced meat and spa- ghetti bake from organic pasta M P E / Trout and spinach lasagnette with lemon L B P E <u>Minced meat risotto</u> <u>M G P E *</u> salad	Chicken curry L G B P E brown or wholegrain rice <u>Chicken shreds</u> <u>M G B P E *</u> blackcurrant jam salad	Vegetarian hash M G E VEG, egg Cheesy potato and vegetable bake L G E <u>Vegetable risotto</u> <u>M G E VEG *</u> salad bread from organic grain	Meat soup M G P E <u>Minced meat soup</u> <u>M G P E *</u> fresh bites bread from organic grain Fruit kissel from organic juice L G E	Bream fingers M G E cold lemon sauce L G potatoes / mashed potato L G E <u>Fish loaf M G E *</u> <u>mashed potato M G E *</u> salad
Vegetarian dish	Vegetable and spaghetti bake from organic pasta (soy) M E VEG <u>Pasta and vegetable</u> <u>bake M G E VEG *</u>	Vegetable curry (quorn) L G <u>Vegetable Bolognese</u> <u>M G E VEG *</u>	Vegetarian hash M G E VEG, egg Cheesy potato and vegetable bake L G E <u>Vegetable risotto</u> <u>M G E VEG *</u>	Vegetable Minestrone soup (chick pea) M E VEG <u>Sweet potato and corn</u> <u>soup M G E VEG *</u>	Broad bean patties M G E VEG <u>Vegetable loaf</u> <u>M G E VEG *</u>
Snack	Roll from organic grain ham spread vegetable slices	Carrot pancakes or Spinach pancakes mashed lingonberry	Berry porridge / Fruit porridge berries / cut fruit	Rye / Potato or House flat bread herb spread fresh bite	Organic plain yoghurt and fruit bread from organic grain

## Basic menu for tendered day care centres 2019

Week 4 weeks 2, 8, 14, 20	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Organic wheat porridge pureed fruit	4 grain gruel from organic flakes bread from organic grain cheese, vegetable slices or wedges	Organic barley porridge fruit wedges	Oatmeal gruel from organic flakes bread from organic grain cold cuts juice	Organic 4 grain porridge bread from organic grain sliced vegetables
Lunch	Sausage sauce M E / Frankfurter sauce M E <u>Minced meat sauce</u> <u>M G P E *</u> potatoes salad	Vegetable and macaroni bake from organic pasta (soy) L Noodle and Quorn wok M <u>Spaghetti and vegetable</u> <u>bake M G E VEG *</u> salad bread from organic grain	Baltic herring patties with rye L B P E tartar sauce M G mashed potatoes L G E <u>Saithe portion M G E *</u> <u>mashed potato</u> <u>M G E VEG *</u> salad	Minced meat soup M G P E <u>Minced meat soup</u> <u>M G B E *</u> sliced vegetables bread from organic grain  Organic plain yoghurt and pureed berries	Turkey Bolognese M G B P E organic pasta <u>Turkey sauce</u> <u>M G B P E *</u> salad  For toddlers: mashed organic roots L G E
Vegetarian dish	Soy Frankfurter sauce M G E VEG <u>Vegetable sauce</u> <u>M G E VEG *</u>	Vegetable and macaroni bake from organic pasta (soy) L Noodle and Quorn wok M <u>Spaghetti and vegetable</u> <u>bake M G E *</u>	Greek spinach balls L G E <u>Vegetable loaf</u> <u>M G E VEG *</u>	Härkis soup M G E VEG <u>Pureed cauliflower soup</u> <u>M G E VEG *</u>	Bean and vegetable sauce L G E <u>Vegetable sauce</u> <u>M G E VEG *</u>
Snack	Organic plain yoghurt pureed berries bread from organic grain	Carrot pasty egg spread cut roots	Roll or bread from organic grain cold cuts sliced vegetables	Fresh porridge from organic flakes or Fruit porridge cut fruit	Oatmeal scones from organic grain cottage cheese and herb spread fruit wedges

## Basic menu for tendered day care centres 2019

Week 5 weeks 3, 9, 15, 21	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Organic oatmeal porridge berries	Rye gruel from organic flakes bread from organic grain liver pâté cut roots	Semolina porridge berry soup vegetable wedges	Wheat gruel from organic flakes bread from organic grain cheese fruit wedges	Plain organic yoghurt or organic curd milk pureed berries bread from organic grain cut roots
Lunch	Meat and macaroni bake from organic pasta L and L P <u>Minced meat risotto</u> <u>M G P E *</u> salad	Chicken soup M G B P E <u>Chicken soup</u> <u>M G B P E *</u> bread from organic grain cheese fresh bites  Pancakes from organic flour M, pureed berries	Fish au gratin M B P E mashed potato L G E <u>Saithe portion M G E *</u> <u>mashed potato</u> <u>M G E VEG *</u> salad	Noodle and broad bean wok M Vegetarian cabbage bake (soy) M E VEG <u>Spaghetti and vegetable</u> <u>bake M G E VEG *</u> salad bread from organic grain	Meat balls M E and M P E tomato sauce L G B P E potatoes / mashed potato L G E <u>Beef loaf M G P E *</u> <u>mashed potato</u> <u>M G E VEG *</u> salad
Vegetarian dish	Pasta and vegetable bake from organic pasta (soy) L E <u>Vegetable and mashed potato bake</u> <u>M G E VEG *</u>	Pureed beetroot soup L G E <u>Pureed vegetable and lentil soup M G E VEG *</u>	Sweet potato and chick-pea stew M G E <u>Broad bean kibble sauce</u> <u>M G E VEG *</u>	Noodle and broad bean wok M Vegetarian cabbage bake (soy) M E <u>Spaghetti and vegetable</u> <u>bake M G E VEG *</u>	Falafel balls (chickpea) M G <u>Vegetable loaf</u> <u>M G E VEG *</u>
Snack	Cheese swirl from organic flour berry soup vegetable slices or wedges	Berry drink from organic sour milk bread from organic grain fruit wedges	Wholegrain or potato flat bread cold cuts /cheese cut roots	Berry porridge berries	Karelian pasty egg spread fruit wedges

## Basic menu for tendered day care centres 2019

Week 6 weeks 4, 10, 16, 22	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Organic barley porridge pureed fruit	Oatmeal gruel or fresh porridge from organic flakes, bread from organic grain, cold cuts cut roots	Semolina porridge berries	Rye gruel from organic flakes bread from organic grain sliced egg fruit wedges	Plain organic yoghurt or organic curd milk pureed fruit bread from organic grain cheese, cut roots
Lunch	Minced meat sauce M P E organic pasta <u>Minced meat sauce</u> <u>M G P E *</u> salad  For toddlers: mashed po- tato from organic roots L G E	Fish soup from organic milk G E <u>Fish soup M G E *</u> fresh bites bread from organic grain  Berry pie from organic flour M	Cauliflower and cheese croquettes L G E Colourful vegetable patties M G E VEG Sour cream and relish sauce L G E potatoes, salad <u>Vegetable loaf</u> <u>M G E VEG *</u> bread from organic grain	Chicken and potato bake L G B P E <u>Meat and mashed potato</u> <u>bake M G B E *</u> salad	Pork and roots stew M G B E <u>Game meat M G B P E *</u> potatoes salad
Vegetarian dish	Soy Bolognese M G E VEG <u>Soy and vegetable sauce</u> <u>M G E VEG *</u>	Pureed sweet potato and pumpkin soup M G E VEG corn and organic tofu side dish M G E VEG <u>Pureed cauliflower soup</u> <u>M G E VEG *</u>	Cauliflower and cheese croquettes L G E Colourful vegetable patties M G E VEG <u>Vegetable loaf</u> <u>M G E VEG *</u>	Vegetable risotto M G E <u>Vegetable risotto</u> <u>M G E VEG *</u>	Roots and soy stew M G E VEG <u>Soy Bolognese</u> <u>M G E VEG *</u>
Snack	Bread or roll from organic grain, cold cuts cut roots	Fruit porridge cut fruit	Ham swirl / Herb swirl berry soup sliced vegetables	Organic plain yoghurt and berries bread from organic grain	Bread from organic grain cold cuts sliced vegetables