

Basic menu for round the clock day care centres 2019

Week 1 weeks 5, 11, 17	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Organic oatmeal porridge pureed berries	Rye gruel from organic flakes roll vegetable wedges	Organic wheat porridge pureed fruit	Rye bread liver pâté cocoa cut roots	4 grain gruel from organic flakes soft bread fruit wedges	Bread cold cuts sliced vegetables cocoa	Porridge berry soup
Lunch	Minced meat and mashed potato bake L G P E salad	Fresh sausage soup M G E / Sausage soup M G E sliced vegetables rye bread Organic plain yoghurt and pureed berries	Spinach pancakes L mashed potato L G E mashed lingonberries egg soft bread salad	Trout and potato bake L G B P E soft bread salad	Turkey in sweet&sour sauce M G B P E brown or wholegrain rice salad	Fish loaf sour cream sauce mashed potatoes salad	Minced meat lasagnette salad
Vegetarian dish	Vegetable and mashed potato bake (soy) M G E VEG	Pureed vegetable and lentil soup L G E	Spinach pancakes L	Vegetable and chick-pea bake L G E	Vegetarian Korma with organic tofu M G E VEG	Vegetable loaf or vegetable patties	Härkis lasagnette
Snack	Fruit salad soft bread	Potato flat bread cheese cut roots	Roll cold cuts vegetable slices / wedges	Berry porridge berries	Carrot pasty egg spread vegetable slices / wedges	Fruit salad bread	House snack (e.g. flat bread, cold cuts and fruit)
Dinner	Chicken sauce brown or wholegrain rice salad	Italian style baked fish potatoes salad	Turkey and roots soup bread sliced vegetables	Pureed vegetable soup bread cold cuts	Sailor's meat and potato bake salad	Chicken soup bread	Trout sauce brown rice salad
Evening snack	Berry kissel bread	Roll cold cuts sliced vegetables cocoa	Fruit shake or smoothie bread	House porridge berry soup	Rye bread cold cuts fruit	Carrot pasty cold cuts cut roots	Curd milk or yoghurt bread cold cuts fruit wedges

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Week 2 weeks 6, 12, 18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Organic barley porridge pureed fruit	Organic oatmeal gruel rye bread cold cuts fruit wedges	Semolina gruel soft bread vegetable spread vegetable slices / wedges	Organic 4 grain porridge berries	Flat bread processed cheese vegetable slices / wedges	Porridge pureed fruit	Roll or bread cold cuts sliced vegetables
Lunch	Hamburger patties M E and M P E brown sauce L B P E potatoes salad	Vegetable lasagnette (soy) L E rye bread salad	Fish fingers M B P E tartar sauce M G B P mashed potato L G E salad	Pea soup M G B E vegetable slices / wedges soft bread Thick pancake L B P mashed berries	Chicken sauce L G B P E brown pasta salad	Skipper's herring mashed potatoes salad	Minced meat and vegetables stew salad
Vegetarian dish	Vegetable patties (soy) M G E VEG	Vegetable lasagnette (soy) L E	Veggie fingers M E VEG	Vegetarian pea soup M G E VEG	Roots and lentil stew M G E VEG	Potato and roots bake	Chickpea and vegetable risotto
Snack	Berry kissel roll cheese	Karelian pasty egg spread cut roots	Fresh porridge from organic flakes or fruit porridge cut fruit	Rye bread cold cuts cut roots	Frankfurter roll fruit wedges	Fruit kissel bread	House snack or pizza fresh bite
Dinner	Chicken risotto salad	Meat soup House bread	Chicken and pasta bake salad	Saithe and trout sauce potatoes salad	Spinach soup egg half House bread	Chicken and potato bake salad	HOUSE SOUP OR BAKE
Evening snack	House pasty (e.g. Karelian pasty) fresh bite	Bread cold cuts sliced vegetables	Berry quark bread	Porridge berry soup	HOUSE EVENING SNACK including fresh bite	Berry yoghurt bread	Gruel bread cold cuts fruit

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Week 3 weeks 7, 13, 19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Organic 4 grain porridge fruit wedges	Oatmeal gruel from organic flakes soft bread sliced vegetables	Semolina porridge berries	Organic plain yoghurt and muesli soft bread fruit wedges	Wheat gruel from organic flakes soft bread cold cuts vegetable wedges	Porridge pureed fruit	Gruel bread cheese sliced vegetables
Lunch	Minced meat and spaghetti bake M P E / Trout and spinach lasagnette with lemon L B P E salad	Chicken curry L G B P E brown or wholegrain rice blackcurrant jam salad	Ham and potato bake L G B E soft bread salad	Pureed vegetable soup L G E rye bread cottage cheese sliced vegetables Berry pie M B P	Fish balls M G B P E / Fish patties M B P E or Minced fish fingers M G B P E chive sauce L B P E mashed potato L G E salad	Chicken and potato bake salad	Meat and bell pepper stew potatoes salad
Vegetarian dish	Vegetable and spaghetti bake (soy) M E VEG	Mifu and vegetable sauce L G E	Cheesy potato and vegetable bake L G E	Pureed vegetable soup L G E	Vegetable patties (soy) M G E VEG	Vegetable and potato bake	Soy slices and baked vegetables
Snack	Berry porridge berries	House flat bread sliced egg cut roots	Fruit drink from organic sour milk rye bread herb spread	Karelian pasty cut roots	Carrot pancakes mashed lingonberry	Fruit salad bread	Karelian or carrot pasty cheese root wedges
Dinner	Vegetable balls sauce potatoes salad	Trout soup bread	Gardener's turkey stew brown rice or potatoes salad	Meat and potato bake salad	Vegetable Minestrone soup house bread	Fish in cheese sauce barley or multigrain rice salad	HOUSE BAKE
Evening snack	Rye bread or flat bread cold cuts sliced vegetables	Fruit quark bread	Roll cheese sliced vegetables	Baked porridge berry soup	Berry smoothie bread	Thick pancake or pancakes mashed berries	Yoghurt berries bread

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Week 4 weeks 2, 8, 14, 20	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Organic wheat porridge pureed berries	4 grain gruel from organic flakes rye bread vegetable slices / wedges	Barley gruel from organic flakes soft bread cheese fruit wedges	Roll cold cuts cocoa cut roots	Organic oatmeal porridge berry soup vegetable slices / wedges	Gruel bread cold cuts sliced vegetables	Curd milk or yoghurt bread cold cuts fruit wedges
Lunch	Sausage sauce M E / Frankfurter sauce M E potatoes salad	Vegetable and macaroni bake (soy) L roll salad	Fish in sauce L G B P E mashed potato L G E salad	Minced meat soup M G P E rye bread sliced vegetables Organic fruit	Chicken Bolognese M G B P E brown pasta (mini spaghetti) salad	Meatballs sauce mashed potatoes salad	Turkey sauce brown rice or mashed potatoes salad
Vegetarian dish	Soy Frankfurter sauce M G E VEG	Vegetable and macaroni bake (soy) L	Pea kibble sauce M G E VEG	Härkis soup M G E VEG	Bean and vegetable sauce L G E	Vegetable balls	Cheesy bean and vegetable stew
Snack	Fruit quark flat bread	Soft bread sliced egg cut roots	Minced meat pasty / Vegetable pasty vegetable wedges	Rice porridge berries	House snack (2-3 products e.g. bread or roll, sliced egg / filled sandwich, fresh bite)	House bun or berry pie cut roots	Karelian pasty cheese vegetable wedges
Dinner	Chicken and corn soup House bread	Meat loaf / Meatballs pan potatoes salad	Ham risotto salad	Vegetable lasagnette salad	Baked fish potatoes salad	HOUSE BAKE	Minced meat and vegetable stew salad
Evening snack	Bread cold cuts sliced vegetables	Bread cheese berry soup cocoa	Fruit kissel bread	Fresh porridge bread	Vegetable pie fruit	Roll cheese sliced vegetables	House porridge pureed berries

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Week 5 weeks 3, 9, 15, 21	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Organic oatmeal porridge pureed fruit	Wheat gruel from organic flakes flat bread vegetable wedges	Soft bread sliced egg sliced vegetables	Rye gruel from organic flakes soft bread cut roots	Semolina porridge pureed berries	Curd milk / Yoghurt bread root wedges	Porridge pureed fruit
Lunch	Meat and macaroni bake L P E salad	Chicken soup M G B P E rye bread sliced vegetables Berry quark	Cheese topped fish L G B P E mashed potato L G E roll salad	Noodle and broad bean wok M salad	Meat balls M E and M P E tomato sauce L G B P E potatoes salad	Pork and vegetables sauce potatoes / barley salad	Minced meat and mashed potato bake salad
Vegetarian dish	Vegetable and pasta bake (soy) L E	Pureed beetroot soup L G E cheese	Sweet potato and chickpea stew M G E VEG	Noodle and broad bean wok M	Falafel balls (chickpea) M G E / M G	Gardener's vegetable stew	Vegetable and mashed potato bake
Snack	Organic plain yoghurt pureed berries soft bread	Roll cold cuts cut roots	Barley porridge from organic groats and pureed berries	Rye bread cold cuts sliced vegetables	Fruit kissel soft bread cheese	House pie (e.g. minced meat and vegetables in rye crust) fresh bite	Bread cold cuts sliced vegetables
Dinner	Saithe and trout sauce roots and potato mash salad	Bolognese sauce brown pasta or potatoes salad	Frankfurter soup House bread	Turkey and potato bake salad	Baked fish mashed potato	Pureed vegetable soup bread cheese	Chicken risotto salad
Evening snack	Roll cheese fruit	Flat bread herb spread cut roots	Carrot pancakes mashed lingonberry cottage cheese / egg	Porridge and pureed fruit	Fruit quark bread	Porridge / Gruel berry soup bread	Fruit or berry yoghurt bread cut roots

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Week 6 weeks 4, 10, 16, 22	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Organic barley porridge pureed berries	Oatmeal gruel or fresh porridge from organic flakes soft bread, cold cuts cut roots	Semolina porridge pureed fruit	Roll cheese cocoa cut roots	Rye gruel from or- ganic flakes soft bread sliced vegetables	Porridge berry soup	Bread cold cuts sliced vegetables cocoa
Lunch	Minced meat sauce M E and M P E brown pasta salad	Fish soup L G B P E sliced vegetables rye bread Organic fruit	Vegetable balls L G E or M G E / Vegetable patties M G E sour cream and relish sauce L G B P E soft bread potatoes salad	Chicken and potato bake L G B P E salad	Pork and roots stew M G B E potatoes or multigrain rice salad	Chicken balls sauce potato bake salad	Meat stew mashed potato or potatoes salad
Vegetarian dish	Soy bolognese M G E VEG	Pureed sweet potato and pumpkin soup M G E VEG corn and organic tofu side dish M G E VEG	Vegetable balls L G E or M G E VEG / Vegetable patties M G E VEG	Vegetable risotto (bean, chickpea) M G E VEG	Roots and soy stew M G E VEG	Vegetable balls or patties	Roots and soy stew
Snack	Soft bread vegetable spread fruit wedges	Thick carrot pancake or thick pancake mashed berries	Rye bread sliced egg vegetable slices / wedges	Fruit porridge cut fruit	House snack (e.g. vegetable and fruit platter, dip, bread)	Bread cold cuts sliced vegetables	Yoghurt or curd milk bread fruit
Dinner	Vegetable hash egg salad	Meat and macaroni bake salad	Trout sauce mashed potato salad	Ham soup House bread	Fish in cheese sauce potatoes salad	Minced meat and spaghetti bake salad	Chicken soup flat bread
Evening snack	Fruit porridge cut fruit	Bread cold cuts sliced vegetables	Berry quark bread	Rye square or roll vegetable spread sliced vegetables	Fruit pie cut roots	Bread cheese fruit wedges	Porridge or gruel bread berry soup