

Basic menu for day care centres 2019

Week 1 weeks 5, 11, 17	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
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 fruit	Spinach pancakes L mashed potato L G E mashed lingonberries egg 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
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 chickpea bake L G E	Vegetarian Korma with organic tofu M G E VEG
Snack	Fruit salad soft bread	Potato flat bread cheese cut roots	Roll cold cuts sliced vegetables / wedges	Berry porridge berries	Carrot pasty egg spread sliced vegetables / wedges

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Week 2 weeks 6, 12, 18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Organic barley porridge pureed fruit	Organic oatmeal gruel soft bread cold cuts fruit wedges	Semolina gruel soft bread vegetable spread sliced vegetables / wedges	Organic 4 grain porridge berries	Flat bread processed cheese sliced vegetables / wedges
Lunch	Hamburger patties M E and M P E brown sauce L B P E potatoes salad	Vegetable and bean lasagnette 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
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
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

Basic menu for day care centres 2019

Week 3 weeks 7,13,19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Organic 4 grain porridge fruit wedges	Oatmeal gruel from organic flakes soft bread vegetable slices	Semolina porridge berries	Organic plain yoghurt and muesli soft bread fruit wedges	Wheat gruel from organic flakes soft bread cold cuts vegetable wedges
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
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 L E VEG
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

All meals include crisp bread, spread and drink (skimmed organic milk or skimmed sour milk). Day care centres are on step 4 in the Steps to Organic program.

Change of product and suitability is possible. Always check suitability on location.

M milk free
L lactose free
LL less than 1g lactose/100 g
E egg free
VEG suits vegan diet

B beef free
P pork free
G gluten free, suits coeliac diet

Basic menu for day care centres 2019

Week 4 weeks 2, 8, 14 20	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Organic wheat porridge pureed berries	4 grain gruel from organic flakes rye bread sliced vegetables / wedges	Barley gruel from organic flakes soft bread cheese fruit wedges	Roll cold cuts cocoa cut roots	Organic oatmeal porridge berry soup sliced vegetables / 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
Vegetarian dish	Soy Frankfurter sauce M G E VEG	Vegetable and macaroni bake (soy) L	Pea kibble bolognaise M G E VEG	Härkis soup M G E VEG	Bean and vegetable sauce L G E
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 pro- ducts e.g. bread or roll, sliced egg / filled sand- wich, fresh bite)

Basic menu for day care centres 2019

Week 5
weeks
3, 9, 15, 21

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Organic oatmeal porridge pureed fruit	Wheat gruel from organic flakes flat bread vegetable wedges	Soft bread sliced egg vegetable slices	Rye gruel from organic flakes soft bread cut roots	Semolina porridge pureed berries
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
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 VEG / M G
Snack	Organic plain yoghurt pureed berries soft bread	Roll cold cuts cut roots	Organic barley porridge and pureed berries	Rye bread cold cuts vegetable slices	Fruit kissel soft bread cheese

Basic menu for day care centres 2019

Week 6 weeks 4, 10, 16, 22	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 organic flakes soft bread vegetable slices
Lunch	Minced meat sauce 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 VEG / Vegetable patties M G E VEG sour cream and relish sauce L G B P E potatoes, salad soft bread	Chicken and potato bake L G B P E salad	Pork and roots stew M G B E potatoes or multi-grain rice 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	Vegetarian risotto (bean, chickpea) M G E VEG	Roots and soy stew M G E VEG
Snack	Soft bread sliced egg fruit wedges	Thick carrot pancake or thick pancake mashed berries	Rye bread vegetable spread sliced vegetables / wedges	Fruit porridge cut fruit	House snack (e.g. vege- table and fruit platter, dip, bread)