

# Menu 21

20/5/2024-26/5/2024

## Monday

Chicken in teriyaki sauce (\*, A, G, ILM, L, M, VS) Whole grain noodles (\*, A, ILM, L, M)  
Vegetables and soy in teriyaki sauce (\*, A, G, ILM, L, M, Veg) Whole grain noodles (\*, A, ILM, L, M)

## Tuesday

Minced meat casserole(A, G, L)  
Grekish vegetable casserole (A, G, L)

## Wednesday

Frankfurter soup (\*, A, G, L, M)  
Spicy lentil soup (\*, A, G, ILM, L, M, Veg, VS)

## Thursday

Chili con vege (\*, A, ILM, L, M, Veg, VS) Whole grain rice (\*, G, L, M, Veg)

## Friday

Funny fish pieces (A, L, M, VS) Yoghurt sauce with dill (\*, A, G, ILM, L) Mashed potatoes (\*, A, G, ILM, L)  
Vegetable sticks (A, L, M, Veg) Yoghurt sauce with dill (\*, A, G, ILM, L) Mashed potatoes (\*, A, G, ILM, L)

## Enjoy your meal!

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VL = Low in lactose      L = Lactose-free      G = Gluten-free      M = Milk-free  
A = Contains allergen      Veg = Vegan food      VS = Contains fresh garlic  
\* = Comply with Finnish nutrition recommendations      ILM = Climate-friendly