

Menu 3

13/1/2025-19/1/2025

Monday

Butter Chicken (*, A, G, L) Barley (*, A, ILM, L, M, Veg)
Butter Mifu (*, A, ILM, L, VS) Barley (*, A, ILM, L, M, Veg)

Tuesday

Fish soup (*, A, G, ILM, L)
Tomato soup with basil (*, A, G, ILM, L, M, Veg, VS)

Wednesday

Meatballs (A, L, M) Brown sauce (A, ILM, L) Potatoes (*, G, ILM, L, M, Veg)
Tex Mex flavored vegetable risolles (A, G, ILM, L, M, Veg) Tomato salsa (*, A, G, ILM, L, M, Veg)
Potatoes (*, G, ILM, L, M, Veg)

Thursday

Creamy chicken and potato casserole (*, A, G, L)
Spicy soy and vegetable casserole (*, A, G, ILM, L)

Friday

Vegetable bolognaise (*, A, G, ILM, L, M, Veg) Spaghetti (*, A, ILM, L, M, Veg)

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

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