

# Menu 4

20/1/2025-26/1/2025

## Monday

Minced meat sauce (\*, A, G, L) Potatoes (\*, G, ILM, L, M, Veg)  
Ratatouille (\*, A, G, ILM, L, M, Veg, VS) Potatoes (\*, G, ILM, L, M, Veg)

## Tuesday

VÖS 50 year anniversary, 90-century

Oven baked fish (\*, A, G, L) Potatoes (\*, G, ILM, L, M, Veg)  
Carrot rissoles (G, L, M, Veg) Potatoes (\*, G, ILM, L, M, Veg)

## Wednesday

Spinach crêpes (A, L) Egg sauce (\*, A, L) Lingonberry jam (G, L, M, Veg) Potatoes (\*, G, ILM, L, M, Veg)

## Thursday

Finnish hash (G, ILM, L, M)  
Vegetable hash (\*, A, ILM, L, M, Veg)

## Friday

Chicken soup (\*, A, G, ILM, L)  
Cheese and vegetable purée soup (\*, 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

