Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Selection of salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads
Vegetable purée soup (L, G)	Jerusalem artichoke soup (L, G)	Carrot purée soup (L, G)	Vegetable purée soup (L, G)	Cauliflower soup (L, G)	Butternut squash soup (L, G)	Parsnip soup (L, G)
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Pasta (M, V)	Mashed potatoes (L, G)	Paprika rice (M, G, V)	Mashed potatoes (L, G)	Roasted potatoes (M, G, V)	Jumbo potato wedges (M, G, V)	Thyme rice (M, G, V)
Soybeans and green beans (M, G, V)	Roasted carrots (M, G, V)	Roasted cauliflower (M, G, V)	Peas and soybeans (M, G, V)	Lentil and carrot bake (M, G, V)	Steamed broccoli (M, G, V)	Sautéed vegetable (M, G, V)
Breaded chicken (M, G)	Cod tempura (M)	Pea and parsnip patties (M, G, V)	Breaded flounder (M)	Pulled pork (M, G)	Rainbow trout with Café de Paris sauce (M, G)	Chicken with vegetables (M, G)
Tzatziki (L, G)	Sour cream sauce (L, G)	Chicken Kyiv (L)	Remoulade sauce (M, G)	Lasagne (L)	Lamb meatballs with fried onions (M)	Rye-breaded pollock (M)
Bolognese sauce (M, G)	Meat and root vegetable stew (M, G)	Chilli con carne (M, G)	Minced beef patties with brown gravy (L)	Carrot rösti (M, G)	Roasted oat balls (M, V)	Citrus yoghurt (L, G)
Grated Parmesan (G)	Chicken nuggets (M)	Yoghurt sauce (L, G)	Spinach ravioli with sautéed kale (M, V)	Cod tempura (M)	Breaded chicken fillets (M, G)	Soybean, bulgur wheat and kale bake (M, V)
Vegetable tortellini with pesto (M, V)	Kebab meat in tomato sauce (M, G)	Fish fingers (M)	Chicken kebab (M, G)	Chicken pops	Frankfurters (M, G)	Spiced pork (L, G)
BBQ pork belly (M, G)	Chickpea and vegetable stew (M, V)	Mac & Cheese (L)	Oven-baked sausage with cheese topping (L, G)	French fries (M, G, V)	French fries (M, G, V)	Kebab meat (M, G) with garlic sauce (L, G)
Frankfurters (M, G)	French fries (M, G, V)	French fries (M, G, V)	French fries (M, G, V)	******	******	French fries (M, G, V)
French fries (M, G, V)	******	******	******	Chocolate mousse (L, G)	Pannacotta	******
******	Bilberry quark (L, G)	Finnish oven pancake (L), apple jam (M, G, V) and whipped cream (L, G)	Ice cream (L,G) and strawberry jam (M, G, V)	Fruit, biscuits (L) and assorted cake	Fruit, biscuits (L) and assorted cake	Pancakes (L), raspberry jam (M, G, V) and whipped cream (L, G)
Tosca cake (L, G)	Fruit, biscuits (L) and assorted cake	Fruit, biscuits (L) and assorted cake	Fruit, biscuits (L) and assorted cake			Fruit, biscuits (L) and assorted cake
Fruit, biscuits (L) and assorted cake						

M – Dairy free **L** – Lactose free **G** – Gluten free **V** – Vegan **VL** – Low in lactose