



Please provide
feedback on daycare
meals!

Vegan menu for daycare centres in autumn 2025

Information subject to change.

Week 1
Weeks 34, 40, 46,
52

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Organic oatmeal Fruit Vegetables	Organic barley flake porridge Banana puree Vegetables	Soy or oat yoghurt Berries Multigrain bread Pieces of root vegetable	Rye bread Vegetable slices for bread Hot chocolate made with soy drink Vegetables	Organic four-grain porridge Pear puree Pieces of root vegetable
Lunch	Spinach pancake Mashed potato Crushed lingonberries	Chickpea and coconut soup Rye bread Soy or oat yoghurt and pureed fruit	Pasta, lentil and vegetable casserole	Mexican-style Härkis chilli Whole grain rice Whole grain bread	Sweet potato falafels Potatoes Sauce
Snack	Multigrain bread Vegetable slices for bread Soy or oat yoghurt Pieces of root vegetable	Carrot pastry Vegetable slices for bread Fruit	Fruit salad Potato flatbread Chickpea spread Vegetables	Strawberry porridge Berries Pieces of root vegetable	Soy or oat yoghurt and pureed fruit White bread Fruit

Meals also include fresh vegetables, a beverage, crisp bread and margarine. Daycare centres are on level 3 of the Portaat luomuun ('steps towards organic food') programme. Products and product suitability subject to change. Special diets are always reviewed together with the kitchen and teaching staff.

M milk-free
L Lactose-free
LL Low-lactose
E No egg
VEG Vegan diet

B beef-free
P pork-free
G gluten-free (may contain gluten-free oats)

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Week 2
Weeks 35, 41, 47

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Organic wheat flake porridge Pureed berries Vegetables	Flatbread/milk-free rice pastry Vegetable slices for bread or chickpea spread Vegetables Pieces of root vegetable	Organic oatmeal Berries Vegetables	Organic rye flake porridge Pear puree Pieces of root vegetable	Thin four-grain porridge from organic flakes made with soy drink Whole grain bread Vegetables
Lunch	Chickpea sauce Brown pasta Ketchup	Vegetarian pea soup Mustard Multigrain bread Banana pancake Crushed berries	Spaghetti and vegetable casserole Ketchup	Bell pepper and bean patties Sauce Potatoes	Soy and bean stew Potatoes Rye bread
Snack	Berry kissel Rye bread Chickpea spread Pieces of root vegetable	Apricot porridge Fruit	Multigrain buns Vegetable slices for bread Orange juice Pieces of root vegetable	Fruit smoothie made with soy or oat drink Rye bread Fruit	Small vegetable pizza Vegetables or potato flatbread Vegetable slices for bread

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Week 3
Weeks 36, 42, 48

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Organic barley flake porridge Fruit	Berry smoothie made with soy or oat drink Oat bread Pieces of root vegetable	Organic rye flake porridge Apple puree Pieces of root vegetable	Organic oatmeal Vegetables Pieces of root vegetable	Semolina porridge made with soy drink Berries Pieces of root vegetable
Lunch	Broad bean patties Sauce Potatoes	Lentil and vegetable soup Multigrain bread Vegetable slices for bread Soy or oat yoghurt and pureed fruit	Butter tofu Whole grain rice	Vegetable and spaghetti casserole White bread Ketchup	Vegetable risotto
Snack	Blackcurrant porridge Berries Vegetables	Apple kissel Oat bread Vegetable slices for bread Fruit	Oat bread Vegetable slices for bread Vegetables Orange juice	Soy or oat yoghurt and pureed fruit Rye bread Fruit	House snacks (e.g. vegetable and fruit platter, dip, oat cereal)

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Week 4
Weeks 37, 43,
49

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Organic wheat flake porridge Apple puree Pieces of root vegetable	Multigrain bun Vegetable slices for bread Hot chocolate made with soy drink Vegetables	Organic rye flake porridge Berries Pieces of root vegetable	Organic oatmeal Vegetables	Soy or oat yoghurt Fruit muesli Bun Vegetables
Lunch	Bell pepper and bean patties Sauce Potatoes	Vegetable and mashed potato casserole Whole grain bread	Pea groat and vegetable ragù Brown pasta Ketchup	Lentil and vegetable soup Rye bread Apple	Crushed broad bean sauce Whole grain rice
Snack	Soy or oat yoghurt and pureed fruit Multigrain bread Vegetables	Rice and apple porridge Berries Pieces of root vegetable	Flatbread/milk-free rice pastry Vegetable slices for bread Pineapple juice	Banana pancake Crushed berries Pieces of root vegetable	Mango kissel Rye bread Chickpea spread Fruit

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Week 5
Weeks 32, 38,
44, 50

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Organic oatmeal Peach puree Vegetables	Organic barley flake porridge Fruit Pieces of root vegetable	Soy or oat yoghurt Pear puree Whole grain bread Pieces of root vegetable	Organic rye flake porridge Fruit Vegetables	Bun Vegetable slices for bread Orange juice Vegetables
Lunch	Quinoa vegetable patties Italian tomato sauce Mashed potato	Pasta, lentil and vegetable casserole Ketchup Multigrain bread	Pea groat Bolognese Brown pasta Ketchup	Pureed potato and sweet potato soup Rye bread Vegetable slices for bread Berry pie	Vegetable and mashed potato casserole or Vegetable risotto
Snack	Berry smoothie made with plant-based drink Multigrain bun Pieces of root vegetable	Rice and apple porridge Pureed berries Pieces of root vegetable	Fruit salad Multigrain bread Vegetables Chickpea spread	Potato flatbread Vegetable slices for bread or chickpea spread Fruit Pineapple juice	Soy or oat yoghurt Pureed berries Oat bread Pieces of root vegetable

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Week 6
Weeks 33, 39, 45,
51

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Organic barley flake porridge Pieces of root vegetable	Organic oatmeal Berries Vegetables	Organic wheat flake porridge Apple puree Pieces of root vegetable	Thin four-grain porridge made with organic flakes in soy drink White bread Vegetables	Whole grain bread Vegetable slices for bread Pineapple juice Vegetables
Lunch	Vegetable korma with organic tofu Whole grain rice	Spaghetti and vegetable casserole Ketchup	Vegetable and bean patties Potatoes Sauce Multigrain bread	Lentil and vegetable soup Rye bread Fruit	Soy frankfurter sauce Potatoes
Snack	Mango porridge Fruit Pieces of root vegetable	House snacks	Berry kissel Rye bread Chickpea spread Pieces of root vegetable	Flatbread/milk-free rice pastry Vegetable slices for bread Fruit	Fruit drink made with soy or oat drink Rye bread Pieces of root vegetable

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