

Please provide feedback on daycare meals!

Vegan menu for daycare centres in spring 2025 Information subject to change.

Week 1 Weeks 4, 10, 16, 22. 28

Monday

Wednesday

Thursday

Rye bread

Friday

Breakfast

Organic oatmeal Pureed fruit

Organic barley flake porridge

Pureed berries

Tuesday

berries Soft bread

Vegetable slices

Organic four-grain porridae Pureed fruit

Vegetable wedges Hot chocolate made with soy Root vegetable wedges Pieces of root vegetables Pieces of root vegetables

Soy yoghurt and

drink

Fruit wedges

Vegetarian dish suitable for vegans

Spinach pancakes M G E VEG Mashed potato M G E VEG Crushed lingonberries Salad

Chickpea and coconut soup

Fruit smoothie with soy

M G E VEG Vegetable slices Rye bread

yoghurt M G E VEG

M G E VEG Whole grain rice Soft bread Salad

Mexican-style chilli made frorVegetable risotto M G E VEG Soft bread Salad

Veggie balls Sauce M G E VEG **Potatoes** Salad

Snack

Soft bread Berry beverage Vegetable slices Fruit wedges

Flatbread Hummus Fruit wedges

Fruit salad Flatbread, hummus Vegetable slices

Berry porridge Berries

Pieces of root vegetables

Oat or soy yoghurt with pureed fruit Soft bread Fruit wedges

Helsinki Helsingfors **Palvelukeskus** Helsinki

Menu changes possible. Changes to products and suitability for special diets are possible. Special diets must be confirmed with the kitchen staff. Meals also include

fresh vegetables, a beverage, crisp bread and margarine. Daycare centres are on level 4 of the Portaat luomuun ('steps towards organic food') programme. Products and product suitability subject to change. Always check the suitability information at the location.

Milk-free Lactose-free Low-lactose No egg VEG Vegan diet

В No beef Р No pork G Gluten-free

Heart symbol



Week 2 Weeks 5, 11, 17, 23, 29	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Organic wheat flake porridge Pureed berries Vegetable slices/ wedges	Flatbread Hummus Vegetable slices Pieces of root vegetables	Organic oatmeal porridge Berries Vegetable slices	Organic rye flake porridge Pureed fruit Fruit wedges	Four-grain porridge made with organic flakes Soft bread Vegetable slices
Vegetarian dish suitable for vegans	Chickpea sauce M G E VEG Whole grain rice Salad	Vegetarian pea soup M G E VEG Rye bread Vegetable slices	Pasta, lentil and vegetable casserole M G E VEG Rye bread Salad	Veggie patties M G E VEG with sauce M G B P E VEG Potatoes	Soy and bean stew M G E VEG Potatoes Salad
		Pancake, crushed berries		Salad	
Snack	Berry kissel Rye bread	Fruit porridge Pieces of fruit	Soft bread Hummus Juice Pieces of root vegetables	Fruit smoothie with soy yoghurt Rye bread Vegetable wedges	Flatbread or vegetarian pizza
	Hummus				Fruit wedges
	Root vegetable wedges				

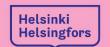


VEG Vegan diet





Week 3 Weeks 6, 12, 18, 24, 30	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Organic barley flake porridg Fruit wedges	eOat or soy yoghurt with Pureed berries Soft bread Vegetable slices	Organic rye flake porridge Pureed fruit Pieces of root vegetables	Organic oatmeal Pureed fruit Vegetable slices	Semolina porridge made with soy drink Berries Pieces of root vegetables
Vegetarian dish suitable for vegans	Veggie patties M G E VEG with sauce M G E VEG Potatoes M G E VEG Salad	Pureed vegetable soup M G E VEG Rye bread Vegetable slices Soy yoghurt and pureed fr	Soy bolognese M G E VEG Whole grain rice Salad uit	Vegetable and spaghetti casserole M E VEG Salad	Vegetable risotto M G E VEG Salad
Snack	Berry porridge Berries Vegetable wedges	Apple kissel Soft bread Vegetable fat spread Fruit wedges	Soft bread Vegetable fat spread Vegetable slices Juice	Fruit smoothie with soy yoghurt Rye bread Vegetable slices/ wedges	House snacks (e.g. vegetable and fruit platter, dip, whole grain cereal)



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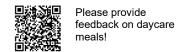
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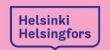
M Milk-free
L Lactose-free
LL Low-lactose
E No egg
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B No beefP No porkG Gluten-free





Week 4 Weeks 1, 7, 13, 19, 25, 31	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Organic wheat porridge Pureed fruit Pieces of root vegetables	Bun Pieces of root vegetables Vegetable slices Cocoa beverage made with soy drink	Organic rye flake porridge Berries Pieces of root vegetables	Organic oatmeal Vegetable wedges	Plain soy yoghurt and muesli Soft bread Vegetable slices
Vegetarian dish suitable for vegans	Veggie patties M G E VEG with sauce M G E VEG Potatoes Salad	Vegetable and mashed potato casserole M G E VEG Soft bread Salad	Pea groat and root vegetable ragù M G E VEG brown pasta Salad	Lentil and vegetable soup M G E VEG Rye bread Vegetable slices Fruit	Crushed broad bean sauce M G E VEG Whole grain rice Salad
Snack	Oat or soy yoghurt with pureed fruit Soft bread Vegetable slices Fruit	Rice porridge Berries Pieces of root vegetables	Veggie pastry or soft bread Vegetable slices Pieces of root vegetables	Carrot pancake Crushed berries Pieces of root vegetables	Fruit kissel Soft bread Hummus Vegetable slices



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Week 5 Weeks 2, 8, 14, 20,26	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Organic oatmeal Pureed fruit Vegetable slices	Flatbread Vegetable fat spread Vegetable slices Juice	Organic barley flake porridge Fruit wedges Vegetable wedges	Soy yoghurt Pureed fruit Soft bread Pieces of root vegetables	Organic rye flake porridge Pieces of root vegetables Fruit wedges
Vegetarian dish suitable for vegans	Veggie balls M G E VEG Sauce M G E VEG Mashed potato M G E VEG Salad	Vegetable and spaghetti casserole M G E VEG Soft bread Salad	Pea groat Bolognese M G E VEG brown pasta Salad	Pureed sweet potato and potato soup M E VEG Vegetable slices Rye bread House pastry M E VEG	Vegetable and mashed potato casserole M G E VEG Salad
Snack	Fruit salad Soft bread Vegetable slices	Barley porridge made from organic flakes with pureed berries	Berry smoothie with soy yoghurt Soft bread Root vegetable wedges	Flatbread Vegetable fat spread Pieces of root vegetables	Soy yoghurt Pureed berries Soft bread



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Week 6 Weeks 3, 9 ,15 , 21, 27	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Organic barley flake porridge Pieces of root vegetables	Organic oatmeal Berries Vegetable wedges	Soft bread Vegetable fat spread Juice	Thin four-grain porridge made with organic flakes in a soy	Organic wheat flake porridge Pureed fruit
	ŭ	c c	Vegetable slices	drink Soft bread	Pieces of root vegetables
				Vegetable wedges	
Vegetarian dish suitable for vegans	Vegetable korma with organic tofu M G E VEG Whole grain rice	Pasta, lentil and vegetable casserole M G E VEG	Veggie patties M G E VEG Sunny carrot sauce M G E VEG Potatoes Salad	Pureed sweet potato and potato soup M G E VEG Rye bread Vegetable slices	Soy frankfurter sauce M G E VEG Potatoes Salad
	Salad	Salad	Soft bread	Fruit	
Snack	Fruit porridge Vegetable wedges	House snacks (e.g. bread/sandwich, fresh bite)	Berry kissel Rye bread Hummus Pieces of root vegetables	Flatbread Vegetable fat spread Fruit wedges	Fruit drink with soy yoghurt Soft bread Root vegetable wedges



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P No pork
C Cluton fr

se G Gluten-free

