




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	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Organic oatmeal Pureed fruit Vegetable wedges	Organic barley flake porridge Pureed berries Pieces of root vegetables	Soy yoghurt and berries Soft bread Pieces of root vegetables	Rye bread Vegetable slices Hot chocolate made with soy drink Fruit wedges	Organic four-grain porridge Pureed fruit Root vegetable wedges
<b>Vegetarian dish suitable for vegans</b>	Spinach pancakes M G E VEG Mashed potato M G E VEG Crushed lingonberries Salad	Chickpea and coconut soup M G E VEG  Vegetable slices Rye bread  Fruit smoothie with soy yoghurt M G E VEG	Mexican-style chilli made from M G E VEG Whole grain rice Soft bread Salad	Vegetable risotto M G E VEG Soft bread Salad	Veggie balls Sauce M G E VEG Potatoes Salad
<b>Snack</b>	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

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 Portaati luomuun ('steps towards organic food') programme. Products and product suitability subject to change. Always check the suitability information at the location.

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

B No beef  
P No pork  
G Gluten-free  
 Heart symbol



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## Vegan menu for daycare centres in spring 2025

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Week 2  
Weeks 5, 11, 17,  
23, 29

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	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
<b>Vegetarian dish suitable for vegans</b>	Chickpea sauce M G E VEG Whole grain rice Salad	Vegetarian pea soup M G E VEG Rye bread Vegetable slices  Pancake, crushed berries	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  Salad	Soy and bean stew M G E VEG Potatoes Salad
<b>Snack</b>	Berry kissel Rye bread Hummus Root vegetable wedges	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 Fruit wedges

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Week 3  
Weeks 6, 12, 18,  
24, 30

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Organic barley flake porridge Fruit wedges	Oat 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
<b>Vegetarian dish suitable for vegans</b>	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 fruit	Soy bolognese M G E VEG Whole grain rice Salad	Vegetable and spaghetti casserole M E VEG Salad	Vegetable risotto M G E VEG Salad
<b>Snack</b>	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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Helsingfors

Palvelukeskus  
Helsinki




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## Vegan menu for daycare centres in spring 2025

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Week 4  
Weeks 1, 7, 13, 19,  
25, 31

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	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
<b>Vegetarian dish suitable for vegans</b>	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
<b>Snack</b>	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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## Vegan menu for daycare centres in spring 2025

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Week 5  
Weeks 2, 8, 14,  
20,26

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	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
<b>Vegetarian dish suitable for vegans</b>	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
<b>Snack</b>	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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## Vegan menu for daycare centres in spring 2025

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Week 6  
Weeks 3, 9, 15,  
21, 27

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Organic barley flake porridge Pieces of root vegetables	Organic oatmeal Berries Vegetable wedges	Soft bread Vegetable fat spread Juice Vegetable slices	Thin four-grain porridge made with organic flakes in a soy drink Soft bread Vegetable wedges	Organic wheat flake porridge Pureed fruit Pieces of root vegetables
<b>Vegetarian dish suitable for vegans</b>	Vegetable korma with organic tofu M G E VEG Whole grain rice  Salad	Pasta, lentil and vegetable casserole M G E VEG  Salad	Veggie patties M G E VEG Sunny carrot sauce M G E VEG Potatoes Salad Soft bread	Pureed sweet potato and potato soup M G E VEG Rye bread Vegetable slices  Fruit	Soy frankfurter sauce M G E VEG Potatoes Salad
<b>Snack</b>	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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