

	Keskiviikko 24.7 Wednesday	Torstai 25.7 Thursday	Perjantai 26.7 Friday	Lauantai 27.7 Kasvisruokapäivä Saturday Vegetarian day	Sunnuntai 28.7 Sunday	Maanantai 29.7 Monday
Breakfast		8.00 Oatmeal porridge Strawberry sauce Oat bread 1 pc. Ham cold cut 2 pcs. Bell pepper Milk, juice, tea	8.00 4-grain porridge Blueberry sauce Rye bread 1 pc. Liver sausage Cucumber Milk, juice, tea	8.00 Rye porridge Strawberry sauce Rye bread 1 pc. Gouda cheese 2 pcs. Cucumber Milk, juice, tea	8.00 Oatmeal porridge Cereal Blueberry sauce Turkey cold cuts 2 pcs. Cucumber, large Rye bread Milk, juice, tea Snack for afternoon Graham roll Spread Emmental cheese 1 pc. Salami 2 pcs.	8.00 Rice porridge Kissel Cinnamon and sugar Rye bread 1 pc. Salami 4 pcs.
Lunch		12.00 Fish soup Edam cheese 2 pcs. Pickled cucumber Rye bread 1 pc. Spread	12.00 Sausage soup Emmental cheese 2 pcs. Pickled cucumber Country bread 2 pcs. Spread	12.00 Spinach soup Karelian pasty 1 pc. Egg 1 pc. Tomato Rye crispbread Spread	10.30-13.30 Grilled sausage 1 pc. Juice box Snack bread (from morning)	
Dinner	16.30-18.00 Chicken risotto Chinese cabbage peach salad French dressing Rye crispbread Spread	17.00 Mince meat sauce Potatoes Grated carrots with raisins Rye crispbread Spread	17.00 Pasta casserole Chinese cabbage pineapple salad Pickled beetroot Rye crispbread Spread	17.00 Tomato sauce Rice Crispy salad with cucumber and mandarin Salad dressing Rye crispbread Spread	16.00 Meatballs Mashed potatoes Crispy salad mix Rye crispbread Spread	
Supper	Rye bread 1pc. Rye crispbread Gouda cheese 2 pcs.	Karelian pasty 1 pc. Rye crispbread Egg 1 pc.	Rye bread 1 pc. Rye crispbread	Oat bread Spiced sausage Cucumber	Yogurt 1 pc. Rye bread 1 pc. Rye crispbread	

	Cucumber Bagel Tea, juice Banana	Tomato Tea, juice Grilled sausage	Ham cold cut 2 pcs. Bell pepper Corn flakes Kissel, milk Tea, juice	Donut Cocoa milk	Edam cheese 2 pcs. Bell pepper	
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