

# Pilke Daycare Menu 2025

WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11, 16,21, 26, 31	BREAKFAST	Oatmeal and fruit purée	Rye porridge, processed cheese, cucumber.	Semolina porridge with berry soup	Wheat flake porridge with fruit puree	Mango-peach yogurt L G + muesli Apple
	LUNCH	Ham and potato casserole L G Peas  <b>VEGETABLE</b> Forest mushroom casserole L G	Chickpea Bolognese L M G VG Boiled potatoes L M G or boiled pasta  Salad	Minced meat soup M G Seasonal fruit: Tender bread  <b>VEGETABLE</b> Carrot purée soup VG + cottage cheese L, G	Tuna Pasta Casserole L Salad  <b>VEGETABLE</b> Vegan vegetable pasta M, G, VG	Orange chicken sauce L, G Boiled oatmeal M G /boiled rice M G Salad  <b>VEGETABLE</b> Seitan Tikka Masala, Vegan, Gluten-Free
	SNACK	Pear, banana, yogurt, large, seasonal vegetables.	Apricot-redcurrant porridge M, VG Seasonal vegetables	Spinach pancakes with lingonberry jam, accompanied by root vegetables (carrot, parsnip, cauliflower)	Plain yogurt L G and fruit puree cucumber	Karelian pie egg Season Fruit: orange/apple

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7, 12, 17, 22, 27, 32	BREAKFAST	Rye porridge + fruit puree	Rice flake porridge + cinnamon-sugar Cucumber	Four-grain porridge Iceberg lettuce	Oatmeal with blueberries	Plain yogurt with fruit puree and muesli
	LUNCH	Chicken Pasta, Garden Salad  <b>VEGETABLE</b> Lentil pasta M G VG	Wiener soup M, G Rye bread Cucumber  <b>VEGETABLE</b> Vegan Soup M G VG	Fish Balls M G Mashed Potatoes L G Salad  <b>VEGETABLE</b> Vegetable Nuggets M VG G Mashed Potatoes L G	Vegetable Lasagna   Warm Vegetable Accompaniment	Minced meat sauce M, G Boiled potatoes L, M, G / boiled pasta Salad  <b>VEGETABLE</b> Soy Bolognese M G VG
	SNACK	Kissel L M G VG Bread Cucumber	Natural yogurt with fruit puree Seasonal vegetables or root vegetables	Pear porridge M VG with dipping vegetables and dipping sauce L	Rye bread, eggs, and cucumber	Pancake / pancakes with berries

L = Lactose-free M = Dairy-free G = Gluten-free VG = Vegan

WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8, 13, 18, 23, 28, 33	BREAKFAST	4-grain porridge with fruit puree	Wheat flake porridge with blueberries	Oatmeal and Cucumber	Pear, banana, yogurt, and muesli with cucumber.	Rye porridge + fruitpuree
	LUNCH	Root vegetable soup M, G Cottage cheese G Roll Seasonal fruit	Corned beef lasagnette L Corn/carrot  <b>VEGETABLE</b> <b>Vegan Vegetable Lasagna M VG</b>	Fish patties L, M, G Mashed potatoes L, G Grated carrot with pineapple L, M, G  <b>VEGETABLE</b> <b>Quinoa vegetable patty M G VG</b>	Broiler and Vegetable Sauce L, G Boiled potatoes L, M, G Salad L, M, G  <b>VEGETABLE</b> <b>Chickpea Tikka Masala M G VG</b>	Mashed Potatoes with Minced Meat L, G  Peas or beetroot  <b>VEGETABLE</b> Vegetable potato casserole M VG G
	SNACK	Peach-melon yogurt Seasonal vegetables	Rye bread accompanied by processed cheese L G Seasonal fruit	Apricot-redcurrant porridge M VG Seasonal vegetables	Kissel L M G VG Bread Root vegetable	Karelian pie L Cheese Paprika

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9, 14, 19, 24, 29, 34	BREAKFAST	Wheat flake porridge with fruit puree	Lingonberry-apple yogurt with muesli and seasonal vegetables	Rye porridge with blueberries	Oatmeal with seasonal fruit	Barley porridge with fruit puree
	LUNCH	Fish soup L, G Rye bread L M cucumber slice  <b>VEGETABLE</b> Vegetarian diet Spinach soup L G + Egg	Chicken and potato casserole L, G Carrot Cubes  <b>VEGETABLE</b> <b>Vegetarian potato casserole G M VG</b>	T Tofu sauce G M VG Cooked oat grain M G / rice M G Salad L M G	Chicken and Pasta Casserole L Salad  <b>VEGETABLE</b> <b>Lentil pasta M VG G</b>	Meatball sauce L, G; Boiled potatoes L, M, G; Salad  <b>VEGETABLE</b> <b>Veggie balls with carrot M VG G</b> <b>Oats fraiche M G</b>
	SNACK	Apple-rosehip porridge M VG Seasonal vegetables	Kissel M G VG Seasonal fruit	Naturall yoghurt L G Fruit puree	Flat bread (Hönnö) Processes cheese L tomato	Peach-melon natural yogurt (L, G) Seasonal fruits

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3, 8, 13, 18, 23, 28, 33, 38, 43, 48, 1/25	BREAKFAST	4-grain porridge with fruit puree	Wheat bran porridge + blueberries	Mango-peach yogurt L + muesli Cucumber	Oatmeal with fruit	Rye porridge accompanied by fruit puree
	LUNCH	Salmon and potato casserole L G carrot cubes  <b>VEGETABLE</b> Soya and potato Casserole M G VG	Chicken soup L, M, G Soft bread Seasonal fruit  <b>VEGETABLE</b> <b>Lentil soup M G VG</b>	Frankfurter sauce G L Boiled potatoes M G VG Salad  <b>VEGETABLE</b> <b>Vegan sausage sauce M G VG</b>	Quinoa and vegetable patties M G VG Mashed potatoes Yogurt sauce L G Salad	Macaroni and beef casserole L Grated carrot  <b>VEGETABLE</b> <b>Vegetarian pasta M VG G</b>
	SNACK	issel L M G Seasonal vegetables	Karelian pie Egg Season fruit	Blackcurrant Graham Porridge M VG Seasonal Vegetables	Natural yogurt with fruit puree	Rye bread accompanied by processed cheese Seasonal fruit