



Lounas viikko 4

MAANANTAI 23.1

chili con papu (VE, G, S)
chorizopastaa (L, K, S)

TIISTAI 24.1

savutofukeittoa (VE, G, sis soijaa)
kermaista kalakeittoa (L, G, K, S, sis kalaa)

KESKIVIIKKO 25.1

kasvisrisottoa (VE, G, S)
lasagnea (L, K, S)

TORSTAI 26.1

falafel-pitaleipiä (VE, S)
butter chickeniä (L, G, K, S)

PERJANTAI 27.1

ratatouillea (VE, G, S)
possun fileettä sinappi-kermakastikkeella (L, G, K, S)

Lunch week 4

MONDAY 23.1

Chili with beans (VE, GF, SF)
Pasta with chorizo (LF, EF, SF)

TUESDAY 24.1

Soup with smoked tofu (VE, GF, cont soy)
Creamy fish soup (LF, GF, EF, SF, cont fish)

WEDNESDAY 25.1

Risotto with vegetables (VE, GF, SF)
Lasagne (LF, EF, SF)

THURSDAY 26.1

Pita breads with falafels (VE, SF)
Butter chicken (MF, GF, EF, SF)

FRIDAY 27.1

Ratatouille (VE, GF, SF)
Pork fillet with creamy mustard sauce (LF, GF, EF, SF)