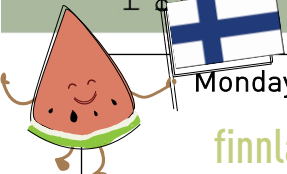




Primary & Secondary



Monday, 06.12.2021

finnland

SALAD
Salad bar, raw vegetables,
Toppings, Dressing
(A/C/H/I/J only in Toppings and Dressing)

PLANTPOWER
Hernekeitto ja pannukakku
(Pea soup with pancakes)
A/G/C/03/08

COLOURFUL DIVERSITY
Lihapullat muusilla ja puolukkahillolla
(Meatballs with gravy, mashed
potatoes and cranberries)
G/I/03/08

PURE FREEDOM "Allergenes"
Makaronilaatikko
(Macaroni with ground beef)
Glutenfree

DESSERT
Korvapuusti (Cinnamon Roll)
A/G/C/08

Tuesday, 07.12.2021

SALAD
Salad bar, raw vegetables,
Toppings, Dressing
(A/C/H/I/J only in Toppings and Dressing)

PLANTPOWER
Couscous chickpea pan with oven
vegetables
Vegan
A/03

COLOURFUL DIVERSITY
Turkey cutlets with carrot,
mushroom, red onion and long grain
rice
A/G/I

PURE FREEDOM "Allergenes"
Cod fillet on pea vegetables with dill
potatoes
G/D

DESSERT
Panna cotta
G/08

Wednesday, 08.12.2021

SALAD
Salad bar, raw vegetables,
Toppings, Dressing
(A/C/H/I/J only in Toppings and Dressing)

PLANTPOWER
Schupfnudeln with spinach ricotta
sauce
A/G/C/08

COLOURFUL DIVERSITY
BBQ chicken wings with BBQ sauce
coleslaw and potato wedges
I/J/02/03/08/

PURE FREEDOM "Allergenes"
Sweet potato and vegetable pan
Vegan

DESSERT
Chocolate cream
G/08

Thursday, 09.12.2021

SALAD
Salad bar, raw vegetables,
Toppings, Dressing
(A/C/H/I/J only in Toppings and Dressing)

PLANTPOWER
Penne with cheese and herbs sauce
A/G/C/08

COLOURFUL DIVERSITY
Asian fish curry with vegetables and
quinoa
A/F/K/I

PURE FREEDOM "Allergenes"
Turkey steak with herb marinade,
Mediterranean vegetables and
rosemary potato

DESSERT
Fruit yogurt
G/08

Friday, 10.12.2021

SALAD
Salad bar, raw vegetables,
Toppings, Dressing
(A/C/H/I/J only in Toppings and Dressing)

PLANTPOWER
NO MEAT cutlet with lemon, colourful
market vegetables and mashed
potatoes
G/C/08

COLOURFUL DIVERSITY
Chicken escalope with herb cream
sauce,
carrot vegetables and croquettes
A/G/C/08

PURE FREEDOM "Allergenes"
Grilled vegetables with tomato rice
and bell pepper cream
Vegan

DESSERT
Red fruit jelly with vanilla sauce
G/02/03/08

Additives: 01 with dye
06 blackened
11 with sweetener

02 with preservative
07 with phosphate
12 waxed

03 with antioxidant
08 with milk protein
13 genetically modified

04 with flavor enhancer
09 caffeinated

05 sulphurated
10 quinine

Allergene: a Cereals containing gluten
f Soja
k Sesame seeds

b Crustaceans
g Milk
l Sulfur dioxide and sulphites

c Eggs
h Nuts
m Lupines

d Fish
i Celery
n Molluscs

e Peanuts
j Mustard



Primary & Secondary

<p>Monday, 13.12.2021</p> <p>SALAD Salad bar, raw vegetables, Toppings, Dressing (A/C/H/I/J only in Toppings and Dressing)</p> <p>PLANTPOWER Lentil stew with vegetables and potatoes Vegan I/12</p> <p>COLOURFUL DIVERSITY Spirelli with bolognese and parmesan cheese A/G/08</p> <p>PURE FREEDOM "Allergenes" Fried chicken breast with curry rice and Asian vegetables</p> <p>DESSERT Fresh fruit 12</p>	<p>Tuesday, 14.12.2021</p> <p>SALAD Salad bar, raw vegetables, Toppings, Dressing (A/C/H/I/J only in Toppings and Dressing)</p> <p>PLANTPOWER Pumpkin and potato casserole with triple cheese G/08</p> <p>COLOURFUL DIVERSITY Chicken fricassee with vegetable rice G/I/08</p> <p>PURE FREEDOM "Allergenes" Penne with tomato sauce (Gluten Free) Vegan</p> <p>DESSERT Berry curd G/08</p>	<p>Wednesday, 15.12.2021</p> <p>SALAD Salad bar, raw vegetables, Toppings, Dressing (A/C/H/I/J only in Toppings and Dressing)</p> <p>PLANTPOWER Cheese spaetzle with herbs and fried onions A/G/C/08</p> <p>COLOURFUL DIVERSITY Fried salmon fillet on creamed spinach with parsley potatoes G/D/08</p> <p>PURE FREEDOM "Allergenes" Baked rosemary polenta with peppers ragout and Mediterranean vegetables</p> <p>DESSERT Apple yogurt cream G/08</p>	<p>Thursday, 16.12.2021</p> <p>SALAD Salad bar, raw vegetables, Toppings, Dressing (A/C/H/I/J only in Toppings and Dressing)</p> <p>PLANTPOWER NO MEAT chicken burger with burger sauce, brioche bun, iceberg lettuce, tomato, pickle and fries. F/A/G/C/03/08</p> <p>COLOURFUL DIVERSITY Melomi cheeseburger with burger sauce, brioche bun, iceberg lettuce, tomato, pickle and fries. A/G/C/03/08</p> <p>PURE FREEDOM "Allergenes" Chickenburger with burger sauce, gluten-free bun, iceberg lettuce, tomato, pickle and fries. 02/03</p> <p>DESSERT Mango mousse with berries G/08</p>	<p>Friday, 17.12.2021</p> <p style="text-align: center;">Last Day of School, no lunch</p> <p style="text-align: center;">melomi wishes you a Merry Christmas and a Happy New Year!</p>
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Additives: 01 with dye	02 with preservative	03 with antioxidant	04 with flavor enhancer	05 sulphurated
06 blackened	07 with phosphate	08 with milk protein	09 caffeinated	10 quinine
11 with sweetener	12 waxed	13 genetically modified		
Allergene: a Cereals containing gluten	b Crustaceans	c Eggs	d Fish	e Peanuts
f Soja	g Milk	h Nuts	i Celery	j Mustard
k Sesame seeds	l Sulfur dioxide and sulphites	m Lupines	n Molluscs	