



Seinäjäki

Menu 2020-2021

Schools and early education centers

Schools: Alakylä, Halkosaari, Hyllkallio, Jouppi, Kertunlaakso, Kivistö, Marttila, Niemistö, Pajuluoma, Pohja, Lyseo, Yhteiskoulu, Pruuki, Toukolanpuisto, Törnävä
Early education centers: Satulinna, Hyllkallio, Jokihelmi, Satumetsä, Jouppi, Katajalaakso, Kertunlaakso, Keskuspuisto, Kultavuori, Marttila, Metsäkulma, Pajuluoma, Pappilantie, Simuna, Taika, Tenavakoti, Tikkuvuori, Väinölä, Saima Ylisentie ja Vapaudentie

Menu week

1	2	3	4	5	6
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Calender week

34, 40, 46, 52, 6, 12, 18	35, 41, 47, 1, 7, 13, 19	36, 42, 48, 2, 8, 14, 20	37, 43, 49, 3, 9, 15, 21	38, 44, 50, 4, 10, 16, 22	39, 45, 51, 5, 11, 17
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Monday lunch	Fish steak Potatoes/Mashed potatoes Sauce Salad	Vegetable steak Cold sauce Potatoes/Mashed potatoes Salad	Meat balls Potatoes (Sauce) Salad	Fishballs Sauce Potatoes Salad	Frankfurters Mashed potatoes Salad	Fishgratine with cheddar Mashed potaoes Salad
Tuesday lunch	Vegetable frankfurter sauce Potatoes/Whole grain pasta Salad	Creamy chicken sauce Whole grain pasta Salad	Chicken soup Cheese Vegetables Whipped semolina porridge	Vegetable soup Cottage cheese Berryfool	Fishsoup Rice pie (karelian pie) Fruit	Minced meat soup Berries and sauce
Wednesd ay lunch	Meat soup Cheese Fruit	Lemon fish Cold sauce Potatoes Salad	Italian minced meat sauce Whole grain spagetti Salad	Fishcasserole Mashed potatoes Salad	Indian chicken sauce Whole grain pasta/rice/barley Salad	Meat sauce Potatoes Salad
Thursday lunch	Pupils' choice Salad	Sausage soup Curd	Porridge Berryfool Boiler egg Vegetables	Peasoup Cheese Vegetables Icecream or fruit	Spinach thin pancakes Minced meat sauce Salad	Porridge Berryfool Vegetables
Friday lunch	Ham casserole Salad	Lasagna Salad	Salmon casserole Salad	Macaroni casserole Salad	Vegetable casserole Salad	Chicken-pasta casserole Salad

There is always served rye crispbread, margarin and non-fat milk in lunch and snack
 Changes in the menu are possible.