

Menu 2020-2021

Schools

Alaviitala, Asema, Honkakylä, Keski-Nurmo, Kirja-Matti, Koura, Kärki, Lintuviita, Nurmon yläkoulu, Nurmon lukio, Taneli, Toivolannanta, Topparla, Valkiavuori, Ylistaron yläkoulu, Ylistaron lukio

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	Chili con chicken Barley/Whole grain rice Salad	Meat balls/Minced meat steak Oven potatoes/Potatoes (Sauce) Salad	Fishballs Sauce Potatoes Salad	Fishsoup Rice pie (karelian pie) Fruit	Fishgratine with cheddar Mashed potaoes Salad
Tuesday lunch	Vegetable frankfurter sauce Potatoes/Whole grain pasta Salad	Salmon casserole Salad	Porridge Berryfool Boiler egg Vegetables	Vegetable soup Cottage cheese Berryfool	Sausage casserole/ Oven sausage/ Frankfurters/Frankfurtersauce Potatoes/Mashed potatoes Salad	Minced meat soup Berries and sauce
Wednesday lunch	Ham casserole Salad	Vegetable steak Cold sauce Potatoes/Mashed potatoes Salad	Lemon fish/Fish fingers Cold sauce Potatoes Salad	Fishcasserole Mashed potatoes Salad	Chicken sauce Whole grain pasta/rice/barley Salad	Meat sauce Potatoes Salad
Thursday lunch	Pupils' choice Salad	Frankfurter soup Curd/fruit	Chicken soup Cheese or cold cut Vegetables Whipped semolina porridge	Peasoup Cheese Vegetables Icecream or fruit	Spinach thin pancakes Minced meat sauce Salad OR Spinach thin pancakes salad and jam	Porridge Berryfool Vegetables
Friday lunch	Meat soup Cheese Fruit	Lasagna Salad	Minced meat sauce Potatoes/whole grain pasta Salad	Macaroni casserole Salad	Vegetable casserole Salad	Chicken-pasta casserole Salad

There is always served rye cripsbread, margarin and non-fat milk in lunch and snack