

WEEK 1 - MENU

M

B: Oat Porridge / Jam / Bread / Milk

L: Pea and Potato Puree Soup / Breadcrumbs / Lemon Blueberry Yogurt Cake / Seasonal Fruit

S: Salmon and Cream Cheese Pastry / Tea / Fruit

T

B: Multigrain Porridge / Jam / Bread / Milk

L: Greek Meatballs / Couscous / Feta, Paprika and Cabbage Salad / Seasonal Fruit

S: Crepes / Honey and Cinnamon / Fruit

W

B: Rye Porridge / Jam / Bread / Milk

L: Herb Roasted Fish and Yoghurt Sauce / Basmati Rice / Coleslaw / Seasonal Fruit

S: Quark Cream with Raisins and Kama / Fruit

TH

B: Rice Porridge / Jam / Bread / Milk

L: Minced Meat Sauce / Boiled Potatoes / Cucumber and Cabbage Salad / Seasonal Fruit

S: Sandwiches / Fruit / Chocolate Milk

F

B: Multigrain Porridge / Jam / Bread / Milk

L: Pumpkin Cream Full Grain Pasta / Carrot Salad / Seasonal Fruit

S: Crunchy Granola / Yoghurt / Fruit

International Kindergarten Menu principles:

- All the meals are made in our local kitchen.
- The weekly menu includes 2-3 soup days (served with dessert) and 2-3 main course days. There is also one meat-free day.
- Fruits and vegetables are served every day.
- Meals containing fish are served at least once a week.
- Our kindergarten does not have a full and only vegetarian-based menu. We do our best to find alternatives for our vegetarian children, such as naturally not serving meat, replacing the milk-containing menu with water or plant-based milk, etc.
- We are flexible and always find alternatives for children with allergies.
- Pasta meals are served no more than once a week. We try to use only full-grain pasta, 100% rye or full-grain bread.
- Meals contain a limited amount of sugar and salt. Only natural spice/flavoring is added.
- We use a minimum of sugar for teas, homemade juices, and desserts.
- When preparing desserts, we use whole milk sugar-free products, and seasonal berries or fruit.
- Our main goal is to replace unnecessary and unhealthy refined sugar and flour with healthier options and reduce the overall sugar content in the food.
- We do not serve sweet juices or other drinks containing refined sugars.

All meals meet the requirements of the National Institute for Health Development, Health Board, Agriculture and Food Board, and school food requirements of the Ministry of Social Affairs.

WEEK 2 - MENU

M

B: Multigrain Porridge / Jam / Bread / Milk

L: Chicken noodle soup / Sour Cream / Apple Crumble / Seasonal Fruit

S: Rice Pudding / Fruit

T

B: Rice Porridge / Jam / Bread / Milk

L: Lindström Burgers / Potato Mash / Red Cabbage Salad / Seasonal Fruit

S: Banana Bread / Tea / Fruit

W

B: Semolina Porridge with Pumpkin / Jam / Bread / Milk

L: Chili Con Carne / Rice / Tomato and Cucumber Salad / Seasonal Fruit

S: Potato and Vegetable Gratin / Fruit

TH

B: Barley Porridge / Jam / Bread / Milk

L: Panko Covered Fish / Sauce / Roasted Potatoes / Cucumber Yoghurt Salad / Seasonal Fruit

S: Pancakes / Honey & Jam / Cinnamon / Fruit

F

B: Oat Porridge / Jam / Bread / Milk

L: Macaroni, Cauliflower and Cheese / Full Grain Pasta / Carrot and Corn Salad / Seasonal Fruit

S: Crunchy Granola / Yoghurt / Fruit

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WEEK 3 - MENU

M

B: Oat Porridge / Jam / Bread / Milk

L: Fish Soup / Sour Cream / Plum Cake / Seasonal Fruit

S: Sandwiches / Tea / Fruit

T

B: Rice Porridge / Jam / Bread / Milk

L: Chicken and Tomato Stew / Spaghetti / Seasonal Fruit

S: Spanish Tortilla / Fruit

W

B: Multigrain Porridge / Jam / Bread / Milk

L: Shepherd's Pie / Carrot and Corn Salad / Seasonal Fruit

S: Pancakes / Fruit

TH

B: Rye Porridge / Jam / Bread / Milk

L: Greek Meatballs / Couscous / Cabbage and Paprika Salad / Seasonal Fruit

S: Rice Pudding / Fruit

F

B: Semolina Porridge with Pumpkin / Jam / Milk

L: Creamy Full Grain Pasta with Salmon / Purple Cabbage Salad / Seasonal Fruit

S: Crunchy Granola / Yoghurt / Fruit

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WEEK 4 - MENU

M

B: Rice Porridge / Jam / Bread / Milk

L: Pea and Potato Puree Soup / Breadcrumbs / Portuguese Custard Tarts / Seasonal Fruit

S: Cheese Rolls / Fruit

T

B: Oat Porridge / Jam / Bread / Milk

L: Panko Covered Fish / Couscous / Coleslaw / Seasonal Fruit

S: Sandwiches / Fruit

W

B: Rye Porridge / Jam / Bread / Milk

L: Asian Style Meatballs / Basmati Rice / Cucumber and Carrot Salad / Seasonal Fruit

S: Blueberry Muffins / Fruit

TH

B: Barley Porridge / Jam / Bread / Milk

L: Oven Baked Chicken / Roasted Potatoes and Vegetables / Seasonal Fruit

S: Quark with Raisins and Kama / Fruit

F

B: Multigrain Porridge / Jam / Bread / Milk

L: Creamy Salmon Full Grain Pasta / Radish and Cucumber Salad / Seasonal Fruit

S: Crunchy Granola / Yoghurt / Fruit

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