RISE Helsinki



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Monday 10/13/2025 Breakfast

Rye Flake Porridge L, M, VE Strawberry Jam L, M, G, VE Fresh garnish L, M, G

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Dinner

Chicken-Vegetable Soup L, G Fresh garnish L, M, G

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Lunch

Fish Patties L, G Dill-Curd Cream Sauce L, G Boiled potatoes L, M, G, VE Fresh garnish L, M, G

Supper

Sour milk product L, G Fresh garnish L, M, G

C Heart symbol

Changes to the menu are possible. With the meals, we offer bread, spread and food drink.