RISE Oulu



Monday 10/13/2025 Breakfast

Fruit Muesli L, VE
Banana Yoghurt L, G
Fresh garnish L, M, G

Dinner

Spinach Griddle Cakes L

Lingonberry jam L, M, G, VE

Mashed Potato L, G

Fresh garnish L, M, G

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Lunch

Chicken-Vegetable Soup L, G 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.