RISE Vantaa



Monday 10/13/2025 Breakfast

Natural yoghurt L, G
Fruit Muesli L, VE
Berry kissel L, M, G, VE
Fresh garnish L, M, G

Dinner
Chili Con Carne L, M, G
Rice L, M, G, VE
Fresh garnish L, M, G

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Lunch

Chicken-Vegetable Soup L, G Fresh garnish L, M, G 0

Supper

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

@ Heart symbol

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