

Menu 48

27/11/2023-3/12/2023

Monday

Frankfurter sauce (*, A, L, M) Boiled potatoes (*, G, ILM, L, M, Veg)

Härkis tikka masala (*, A, G, ILM, L, VS) Rice (*, G, ILM, L, M, Veg)

Vegan: Härkis tikka masala (*, A, G, L, M, Veg, VS) Rice (*, G, ILM, L, M, Veg)

Tuesday

Chicken and coconut soup (*, A, G, ILM, L, M)

White bean purée soup (*, A, ILM, L)

Vegan: White bean purée soup (*, A, ILM, L, M, Veg)

Wednesday

Vegetable bolognese (*, A, G, ILM, L, M, Veg) Whole grain organic pasta (*, A, ILM, L, M, Veg)

Vegan: Vegetable bolognese (*, A, G, ILM, L, M, Veg) Whole grain organic pasta (*, A, ILM, L, M, Veg)

Thursday

Fish fingers (A, G, L) Yoghurt sauce with herbs (A, G, ILM, L) Boiled potatoes (*, G, ILM, L, M, Veg)

Root vegetable patties (*, A, G, ILM, L, M, Veg) Yoghurt sauce with herbs (A, G, ILM, L) Boiled potatoes (*, G, ILM, L, M, Veg)

Vegan: Root vegetable patties (*, A, G, ILM, L, M, Veg) Herb mayonnaise (G, M, Veg)

Boiled potatoes (G, M, Veg)

Friday

Kebab sauce (*, A, L, M, VS) Whole grain rice (*, G, L, M, Veg)

Ratatouille (*, A, G, ILM, L, M, Veg, VS) Whole grain rice (*, G, L, M, Veg)

Vegan: Ratatouille (*, A, G, ILM, L, M, Veg, VS) Whole grain rice (*, G, L, M, Veg)

Enjoy your meal!

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VL =	Low in lactose	L =	Lactose-free	G =	Gluten-free	M =	Milk-free
A =	Contains allergen	Veg =	Vegan food	VS =	Contains fresh garlic		
*	=	Comply with Finnish nutrition recommendations	ILM =	Climate-friendly			