

Menu 49

4/12/2023-10/12/2023

Monday

Chicken and vegetables in sweet and sour sauce (*, A, ILM, L, M) Whole grain rice (*, G, L, M, Veg)

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

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

Tuesday

Baked sausage TexMex (A, G, L) Mashed potatoes (*, A, G, ILM, L) Apple pie (A, L)

Carrot rissoles (A, G, L, M, Veg) Sour cream sauce with basil (A, G, ILM, L) Mashed potatoes (*, A, G, ILM, L)

Vegan: Carrot rissoles (A, G, L, M, Veg) Herb mayonnais (G, M, Veg) Mashed potatoes (G, M, Veg)

Wednesday

Independence Day

Thursday

Spinach crêpes (A, L) Lingonberry jam (A, G, L, M, Veg) Egg sauce (*, A, L) Boiled potatoes (*, G, ILM, L, M)

Vegan: Spinach crêpes (A, L, M; Veg) Lingonberry jam (A, G, L, M, Veg) Boiled potatoes (*, G, ILM, L, M)

Friday

Smoked rainbow trout sauce (*, A, G, ILM, L) Whole grain organic pasta (*, A, ILM, L, M, Veg)

Tomato and goat cheese sauce (*, A, G, ILM, L, VS) Whole grain organic pasta (*, A, ILM, L, M, Veg)

Vegan: Tomato and bean sauce (*, A, G, ILM, L, M, Veg, VS) Whole grain organic pasta (*, A, ILM, 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