

Menu 17

22/4/2024-28/4/2024

Monday

Minced meat sauce (*, A, L, M) Whole grain organic pasta (*, A, ILM, L, M, Veg)
Halloumi and vegetable stew (*, A, ILM) Whole grain organic pasta (*, A, ILM, L, M, Veg)

Tuesday

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

Wednesday

Baked sausage TexMex (A, G, L) Spanish potatoes (*, G, ILM, L, M, Veg)
Vegetable patties (A, G, L, M, Veg) Spanish potatoes (*, G, ILM, L, M, Veg) Lentils salsa (*, A, ILM, L, M,

Thursday

Tuna and spinach lasagnette (*, A, L, VS)
Limonello pasta casserole (A, ILM, L, VS)

Friday

Street food

Enjoy your meal!

Amica
Vasa övningsskola Gymnasiet
Skolhusgatan 31
65100 VASA
+358404811266

ovningsskola.gymnasiet@compass-group.fi

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