

Menu 43

21/10/2024-27/10/2024

Monday

Chicken in curry sauce (*, A, G, L) Rice (*, G, L, M, Veg)
Quorn in curry sauce (*, A, G, ILM, L) Rice (*, G, L, M, Veg)

Tuesday

Chili con vege (*, A, ILM, L, M, Veg, VS) Rice (*, G, L, M, Veg)

Wednesday

Funny fish pieces (A, L, M, VS) Dill sour cream (A, G, L) Mashed potatoes (*, A, G, ILM, L)
Vegetable sticks (*, G, L, M, Veg) Dill sour cream (A, G, L) Mashed potatoes (*, A, G, ILM, L)

Thursday

United nations day

Chicken seasoned with tarragon (G, L, M) Fried potatoes (G, L, M, Veg)
Beetroot patties (*, G, L, M, Veg) Fried potatoes (G, L, M, Veg)

Friday

Sausage soup (A, G, L, M)
Pureed root vegetable soup with cheese (*, A, G, ILM, L)

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