

# Menu 13

24/3/2025-30/3/2025

## Monday

Beef in dill sauce (A, G, L) Potatoes (\*, G, ILM, L, M, Veg)

Vegetable stew with spinach (\*, A, ILM, L, M, Veg, VS) Potatoes (\*, G, ILM, L, M, Veg)

## Tuesday

Beetroot croquettes (\*, G, ILM, L, M, Veg) Fried vegetables (G, ILM, L, M, Veg) Tzatziki (A, G, ILM, L, VS)

## Wednesday

Rainbow trout casserole (\*, A, G, ILM, L)

Creamy vegetable casserole (\*, A, G, ILM, L)

## Thursday

Pea soup (\*, A, G, ILM, L, M)

Vegetarian pea soup (\*, A, G, ILM, L, M, Veg)

VÖS 50 year anniversary

## Friday

Minced meat and spaghetti casserole (\*, A, L)

Soy and spaghetti casserole (\*, A, 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

-

