

Menu 45

3/11/2025-9/11/2025

Monday

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

Tuesday

Sausage soup (*, A, G, L, M)
Herb and carrot puree soup (*, A, G, ILM, L)

Wednesday

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

Thursday

Funny fish patties (A, ILM, L, M) Tartar yoghurt (*, A, G, L) Mashed potatoes (*, A, G, ILM, L)
Root vegetable patties (*, A, G, ILM, L, M, Veg) Tartar yoghurt (*, A, G, L) Mashed potatoes (*, A, G, ILM, L)

Friday

TexMex chicken tortilla (*, A, L, M) Nordic guacamole (*, A, G, L, VS) Rice (*, G, L, M, Veg)
Vegetable tortilla(*, A, ILM, L, M, Veg, VS) Nordic guacamole (*, A, G, L, VS) Rice (*, G, L, M, Veg)

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			