

Menu 49

1/12/2025-7/12/2025

Monday

Finnish hash (G, ILM, L, M)

Finnish hash with Vöner (*, A, ILM, L, M, Veg)

Tuesday

Rainbow trout and tomato sauce (*, A, ILM, L, VS) Organic whole grain pasta (*, A, ILM, L, M, Veg)

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

Wednesday

Chili con carne (*, A, L, M) Rice (G, L, M, Veg)

Shahi Paneer (*, A, G, ILM, VS) Rice (G, L, M, Veg)

Thursday

Carrot crêpes (A, L) Lingonberry jam (A, G, L, M, Veg) Potatoes (*, G, ILM, L, M, Veg)

Friday

Traditional meat and vegetable soup (*, A, G, L, M) Blueberry curd dessert (A, G, L)

Zucchini and bean soup (A, ILM, L, M, Veg, VS)

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			