

Menu 50

8/12/2025-14/12/2025

Monday

Chicken meatballs (*, A, L, M) Curry sauce with apple (A, L) Rice (G, L, M, Veg)
Falafel rissoles (A, L, M, Veg) Curry sauce with apple (A, L) Rice (G, L, M, Veg)

Tuesday

Turkey soup (*, A, G, ILM, L)
TexMex soy soup (*, A, ILM, L, M, Veg)

Wednesday

Halloumi and vegetable stew and leaf spinach (*, A, ILM, L) Organic whole grain pasta (*, A, ILM, L, M,

Thursday

Saithe in sour cream sauce (*, A, G, L) Potatoes (*, G, ILM, L, M, Veg)
Cauliflower and potato curry (*, A, G, ILM, L, M, Veg, VS)

Friday

Kebab sauce (*, A, L, M, VS) Rice (*, G, L, M, Veg)
Ratatouille (*, A, G, ILM, L, M, Veg, 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			