

# Menu 3

12/12026-18/1/2026

## Monday

Sauce Bolognaise (\*, A, G, L, M, VS) Organic whole grain pasta (\*, A, ILM, L, M, Veg)  
Vegetable bolognaise (\*, A, G, ILM, L, M, Veg) Organic whole grain pasta (\*, A, ILM, L, M, Veg)

## Tuesday

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

## Wednesday

Meatballs (A, L, M) Black pepper sauce (\*, A, ILM, L) Potatoes (\*, G, ILM, L, M, Veg)  
Beetroot croquettes (G, L, M, Veg) Tzatsiki yoghurt (\*, A, G, ILM, L, VS) Potatoes (\*, G, ILM, L, M, Veg)

## Thursday

Rainbow trout soup (\*, A, G, ILM, L)  
Spinach soup (\*, A, ILM, L)

## Friday

Butter Chicken (\*, A, G, L) Barley (\*, A, ILM, L, M, Veg)  
Butter Mifu (\*, A, ILM, L, VS) Barley (\*, A, ILM, L, M, Veg)

## Enjoy your meal!

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|      |                   |                                               |              |                  |                       |     |           |
|------|-------------------|-----------------------------------------------|--------------|------------------|-----------------------|-----|-----------|
| 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 |                       |     |           |