

Menu 5

26/1/2026-1/2/2026

Monday

Chicken with curry sauce (*, A, G, L) Rice (*, G, L, M, Veg)
Mifu Sweet & Sour (*, A, G, ILM, L) Rice (*, G, L, M, Veg)

Tuesday

Hash (G, L, M)
Vegetable hash (*, A, ILM, L, M, Veg)

Wednesday

Carrot rissoles (A, G, L, M, Veg) Tzatziki (A, G, ILM, L, VS) Roasted potatoes (*, G, ILM, L, M, Veg)

Thursday

Traditional meat soup (*, A, G, L, M)
Gardener's pureed root vegetable soup (*, A, L)

Friday

Indian yoghurt fish (*, A, G, L) Potatoes (*, G, ILM, L, M, Veg)
Rootvegetable rissoles (*, A, G, ILM, L, M) Chive yoghurt (*, A, G, ILM, L) Potatoes (*, G, ILM, 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			