

Menu 6

2/2/2026-8/2/2026

Monday

Chicken Tikka Masala (*, A, G, L) Rice (*, G, L, M, Veg)

Nahm-chim sweet chili sauce with tofu (*, A, G, ILM, L, M, Veg, VS) Rice (*, G, L, M, Veg)

Tuesday

Beef in dill sauce (A, G, L) Potatoes (*, G, ILM, L, M, Veg)

Root vegetable casserole with lentils (*, G, ILM, L, M, Veg) Potatoes (*, G, ILM, L, M, Veg)

Wednesday

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

Thursday

Runerbergs day

Minced meat soup (*, A, G, ILM, L, M) Berrypie (A, L)

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

Friday

Rainbow trout casserole (*, A, G, ILM, L)

Greek vegetable casserole (*, A, G, ILM, L)

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