

Menu 7

9/2/2026-15/2/2026

Monday

Chili con carne (*, A, L, M) Barley (*, A, ILM, L, M, Veg)
Shahi Paneer (*, A, G, ILM, VS) Barley (*, A, ILM, L, M, Veg)

Tuesday

Crispy fish pieces (A, L, M) Remoulade sauce (A, G, L, M) Potatoes (*, G, ILM, L, M, Veg)
Moroccan vegetable patties (*, G, ILM, L, M, Veg) Remoulade sauce (A, G, L, M) Potatoes (*, G, ILM, L,

Wednesday

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

Thursday

Chicken soup with cheese (A, G, L)
Zucchini and bean soup (A, ILM, L, M, Veg, VS)

Friday

Kebab sauce (*, A, L, M, VS) Rice (*, G, L, M, Veg)
Tomato and bell pepper stew (*, A, G, ILM, L, VS) Rice (*, G, 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			