

# Menu 14

30/3/2026-5/4/2026

## Monday

Funny fish patties (A, ILM, L, M) Tartar yoghurt (\*, A, G, L) Mashed potatoes (\*, A, G, ILM, L)  
Lens patties (\*, A, G, ILM, L) Tartar yoghurt (\*, A, G, L) Mashed potatoes (\*, A, G, ILM, L)

## Tuesday

Chili con vege (\*, A, ILM, L, M, Veg, VS) Rice (G, L, M, Veg)

## Wednesday

Meat and macaroni casserole (\*, A, L)  
Mediterranean halloumi and macaroni casserole (\*, A, ILM, L, VS)

## Thursday

Chicken in curry and sour cream sauce (A, G, L) Roasted potatoes (\*, G, ILM, L, M, Veg)  
Finnish Easter pudding (A, L, M, Veg)  
Aloo Gobi - curry-flavored cauliflower rissoles (G, ILM, L, M, Veg, VS) Roasted potatoes (\*, G, ILM, L, M, Veg)  
Finnish Easter pudding (A, L, M, Veg)

## Friday

Easter

## 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