

Menu 22

25/5/2026-31/5/2026

Monday

Baked sausage with cheese (A, G, L) Mashed potatoes (*, A, G, ILM, L)

Tex Mex flavored vegetable rissoles (A, G, ILM, L, M, Veg) Mashed potatoes (*, A, G, ILM, L)

Tuesday

Turkey soup (*, A, G, ILM, L)

Tomato soup (*, A, G, ILM, L, VS)

Wednesday

Tuna sauce (*, A, ILM, L) Organic whole grain pasta (*, A, ILM, L, M, Veg)

Shahi Paneer (*, A, G, ILM, VS) Organic whole grain pasta (*, A, ILM, L, M, Veg)

Thursday

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

Friday

Ham and pineapple pizza (A, L)

Feta cheese and bell pepper pizza (A, VL)

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