

Menu 41

5/10/2026-11/10/2026

Monday

Oven-baked sausage (*, A, G, L, M) Mashed potatoes (*, A, G, ILM, L)

Plant-based Sausage (*, G, L, M, Veg) Mashed potatoes (*, A, G, ILM, L)

Tuesday

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

Härkis Tikka Masala (*, A, G, ILM, L, VS) Rice (*, G, L, M, Veg)

Wednesday

Vegetable bolognaise (*, A, G, ILM, L, M, Veg) Organic whole grain pasta (*, A, ILM, L, M, Veg)

Thursday

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

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

Friday

Chicken minced meat lasagnette (*, A, L)

Vegetable lasagnette with chickpeas (*, A, ILM, L)

Enjoy your meal!

Amica
Delica
Kyrkoesplanaden 11 - 13
65100 Vasa
+358 40 189 4083

ovningsskola.F9@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			