Menu 47

16/11/2026-22/11/2026

Monday

Oven-baked sausage (*, A, G, L, M) Mashed potatoes (*, A, G, ILM, L)
Morots-kålbiffar (*, A, G, L, M) Mashed potatoes (*, A, G, ILM, L) Yoghurt sauce with basil (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