

Menu 46

11/11/2024-17/11/2024

Monday

Minced meat and macaroni casserole (*, A, L)

Broad bean and macaroni casserole (*, A, ILM, L)

Tuesday

Chicken Kung Po (*, A, G, ILM, L, M, VS) Whole grain noodles (*, A, ILM, L, M)

Rich zucchini sauce and flavored soy (*, A, G, ILM, L, VS) Whole grain noodles (*, A, ILM, L, M)

Wednesday

Crispy fish fingers (*, A, L, M) Dill yoghurt (*, A, G, ILM, L) Mashed potatoes (*, A, G, ILM, L)

Rootvegetable risolles (*, A, G, ILM, L, M) Dill yoghurt (*, A, G, ILM, L) Mashed potatoes (*, A, G, ILM, L)

Thursday

Frankfurter soup (*, A, G, L, M)

Carrot purée soup with ginger (A, G, ILM, L)

Friday

TexMex vegetable and potato casserole (*, A, G, ILM, L)

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

