

# Menu 47

18/11/2024-24/11/2024

## Monday

Butter Chicken (\*, A, G, L) Barley (\*, A, ILM, L, M, Veg)  
Butter Mifu (\*, A, ILM, L, VS) Barley (\*, A, ILM, L, M, Veg)

## Tuesday

Vegetable bolognaise (\*, A, G, ILM, L, M, Veg) Spaghetti (\*, A, ILM, L, M, Veg)

## Wednesday

Meatballs (A, L, M) Brown sauce (A, ILM, L) Potatoes (\*, G, ILM, L, M, Veg)  
Tex Mex flavored vegetable risolles (A, G, ILM, L, M, Veg) Tomato salsa (\*, A, G, ILM, L, M, Veg) Potatoes

## Thursday

Asian fish soup (\*, A, G, ILM, L, M)  
Sweet potato and coconut puree soup (G, ILM, L, M, Veg, VS)

## Friday

Creamy chicken and potato casserole (\*, A, G, L)  
Chickpea casserole (\*, A, ILM, L, VS)

## 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

