

Menu 50

9/12/2024-15/12/2024

Monday

Kebab sauce (A, G, L, M, VS) Rice (*, G, L, M, Veg)
Halloumi and vegetable stew (*, A, ILM) Rice (*, G, L, M, Veg)

Tuesday

Beetroot croquettes (G, L, M, Veg) Roasted root vegetables (G, L, M) Tzatziki (A, G, ILM, L, VS)

Wednesday

Smoked rainbow trout sauce (*, A, G, ILM, L) Organic whole grain pasta (*, A, ILM, L, M, Veg)
Tomato and goat cheese sauce (*, A, G, ILM, L, VS) Organic whole grain pasta (*, A, ILM, L, M, Veg)

Thursday

Meat soup (*, A, G, L, M)
Spinach soup (*, A, ILM, L)

Friday

Coconut-flavored chicken and noodles (*, A, L)
Vegetable, quorn and noodle casserole (*, A, 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

