

## Menu, Helsinki Vocational College, Hattulantie, Vilppulantie, Kullervonkatu, Sodexo

<b>WEEK 1</b>	<b>34, 40, 46, 52</b>
<b>MONDAY</b>	
Lunch	Tofu and nut wok made with organic tofu (M, L, G, VEG) and whole grain rice
Lunch	Pork in green curry sauce (L, G, B), rice and steamed Brussels sprouts
Lunch	Fish fingers (M), mashed potatoes (L,G), lemon and sour cream sauce (L, G) and steamed Brussels sprouts
Soup	Thai chicken soup (M, G)
Dessert	Fruit, coffee or tea
<b>TUESDAY</b>	
Lunch	Spinach pancakes (L, G), crushed lingonberries (M, G), broccoli (M, G, P, B, VEG) and mashed potato (VL, G, P, B)
Lunch	Turkey fillets simmered in sage sauce (L, G, P, B), broccoli and whole grain rice
Lunch	Frankfurter sauce (M, G), mashed potato (L, G) and broccoli
Soup	Tomato soup (M, G, P, B, VEG)
Dessert	Rose hip and white chocolate mousse (G)
<b>WEDNESDAY</b>	
Lunch	Tortillas with black turtle bean filling (M, L, P, B), corn and yogurt sauce (L, G)
Lunch	Beef stew seasoned with red onion (M,G,P), boiled potatoes (M, G), roasted carrots and swedes (M, G)
Lunch	Salmon casserole (L, G, P, B) and roasted carrots and swedes (M, G)
Soup	Puréed broccoli soup (M, G)
Dessert	Chocolate pudding (G, P, B)
<b>THURSDAY</b>	
Lunch	Succulent aubergine, soybean crush and rice bake (M, L, G, P, B), oven-baked root vegetables
Lunch	Chicken in lemon-flavoured cream sauce (L, G, P, B), oven-baked root vegetables, whole grain rice
Lunch	Mutton balls (M, G), warm thyme sauce (L, G), oven-baked root vegetables and boiled potatoes (M, L, G)
Soup	Clear fish soup with saithe, salmon, pickled cucumber and olives (L, G, P, B)
Dessert	Orange rice (L, G)
<b>FRIDAY</b>	
Lunch	Sweet potato and kale in peanut sauce, (M, G, VEG), roasted courgette and whole grain rice
Lunch	Bolognese sauce (M,S), roasted courgette and organic whole grain pasta
Lunch	Braised pork neck (M, G, B), BBQ sauce, roasted courgette and whole grain rice (M, L, G)
Soup	Vegetable borscht (M, G, P, B), smetana (L, G)
Dessert	Apple and caramel swiss roll (L)
<b>L = lactose-free, LL = low-lactose, M = milk-free, G = gluten-free, P = no pork, B = no beef, VEG = vegan, *= Wellbeing</b>	

<b>WEEK 2</b>	<b>35, 41, 47</b>
<b>MONDAY</b>	
Lunch	Pulled oats pasta sauce (M, P, B, VEG) and whole grain pasta
Lunch	Chicken tikka masala (L, P, B), steamed green beans and whole grain rice
Lunch	Minced meat and root vegetable casserole (L, G, P) and green beans
Soup	Creamy smoked rainbow trout soup (L, G, P, B)
Dessert	Organic bilberry and sour milk drink
<b>TUESDAY</b>	
Lunch	Carrot and oat bran patties (M, L, P, B), potato with thyme and root vegetables, (L, G), beetroot coleslaw (M, G)
Lunch	Pike patties with rye (P, B), egg sauce (L, G), potatoes with dill (L, G) and steamed Brussels sprouts
Lunch	Tandoori sauce in spicy sauce (M, G, P), steamed Brussels sprouts, whole grain rice (M, L, G)
Soup	Puréed black salsify soup (L, G, P, B)
Dessert	Semolina porridge with lingonberry (L)
<b>WEDNESDAY</b>	
Lunch	Pulled oats, spinach, pesto and parmesan cheese
Lunch	Chicken thighs (M, L, G, P, B), curry sauce (L, G), cauliflower and whole grain rice
Lunch	Chilli con carne with minced meat and beans in chilli sauce (M, L, G, P), cauliflower and whole grain rice
Soup	Puréed leek and carrot soup (L, G, P, B)
Dessert	Oat pancakes and berry jam (L)
<b>THURSDAY</b>	
Lunch	Mushroom and potato hash (M, L, P, B, VEG)
Lunch	Rainbow trout and saithe fish balls (L, P, B), mint and yogurt sauce (L, G), carrots and broccoli with herbs, boiled potatoes (M, L, G)
Lunch	Beef stew with garlic (L, G, P), carrots and broccoli with herbs, whole grain rice (M, L, G)
Soup	Puréed sweet potato and parsnip soup with ginger-roasted broad bean crush (M, L, VEG)
Dessert	Berry and apple crumble with oats (L)
<b>FRIDAY</b>	
Lunch	Champignon and broad bean lasagnette (L, P, B)
Lunch	Pike patty hamburger (L, P, B), lemon mayonnaise (M, L, G) and potato wedges (M, L, G)
Lunch	Chicken korma, spicy chicken sauce (G, P, B), whole grain rice and roasted sweet potato cubes (M, L, G)
Soup	Spinach soup (L), boiled egg or marinated tofu
Dessert	Bilberry quark (L, G)
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<b>WEEK 3</b>	<b>36, 42, 48</b>
<b>MONDAY</b>	
Lunch	Soy and vegetable wok (M, L, G, VEG) and whole grain rice
Lunch	Salmon and pasta casserole (L, P, B) and roasted root vegetables
Lunch	Tacos with beef filling, beef, vegetables, and beans in a corn tortilla (M, L, G, P), yogurt sauce (L,G) and whole grain rice (M, L, G)
Soup	Chicken noodle soup (M, P, B)
Dessert	Strawberry kissel (M, L, G)
<b>TUESDAY</b>	
Lunch	Chickpea patties (M, P, B), bell pepper, onion and tomato salsa (M, L, G), mashed potato (M, L, G) and carrots with herbs
Lunch	Oven-baked sausage, (M, G), gravy with tomato (L), carrots with herbs and mashed potato (L, G)
Lunch	Chicken in sweet and sour sauce (M, L, G, P, B), carrots with herbs and whole grain rice (M, L, G)
Soup	Champignon mushroom soup (L)
Dessert	Mango lassi (L, G)
<b>WEDNESDAY</b>	
Lunch	Stuffed bell peppers with feta cheese and polenta (LL, P, B), lentil and sour cream sauce (L, G), steamed green peas and boiled potatoes (M, L, G)
Lunch	Cabbage casserole (M, L, G, P), steamed green beans, crushed lingonberries (M, L, G)
Lunch	Curry pork (M, L, G, B), noodles and vegetables
Soup	Creamy fish soup with cod (L, G, P, B)
Dessert	Semolina porridge with apricot (L)
<b>THURSDAY</b>	
Lunch	Organic tofu and organic whole grain pasta (M, L, P, B, VEG), roasted parsnip, courgette and red onion, grated vegan cheese
Lunch	Breaded chicken fillet (M, L, P, B) with onion and bell pepper sauce (L, G), whole grain rice (M, L, G)
Lunch	Beef stew with smetana (L, G, P), roasted parsnip, courgette and red onion (M, L, G), whole grain rice
Soup	Puréed leek and potato soup (L)
Dessert	Vanilla kissel and jam (L, G)
<b>FRIDAY</b>	
Lunch	Quorn jambalaya with Quorn and rice, warm beans
Lunch	Pita kebab, pita bread with kebab filling (M, L), jalapeños and garlic sauce, whole grain rice
Lunch	Almond-topped fish and mashed potato (L, P, B), warm beans
Soup	Chickpea soup made with organic chickpeas and tomato
Dessert	Chocolate swiss roll
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<b>WEEK 4</b>	<b>37, 43, 49</b>
<b>MONDAY</b>	
Lunch	Mozzarella, tomato and Härkis bake (P, B), and bell pepper, onion and champignon ragout (M, L, G)
Lunch	Meatballs in tomato sauce (L, G, P), bell pepper, onion and champignon ragout (M, L, G), organic whole grain pasta
Lunch	Turkey cutlet (M, L, G, P, B), creamy BBQ sauce, (L, G), bell pepper, onion and champignon ragout (M, L, G), whole grain rice
Soup	Cauliflower and broccoli soup (M, L, G)
Dessert	Crème caramel (L, G)
<b>TUESDAY</b>	
Lunch	Oven-baked potatoes with feta and bean filling (LL, G, P, B)
Lunch	Beef bourguignon, beef stew braised in red wine (M, L, G, P), courgette and carrots with thyme, whole grain rice (M, L, G)
Lunch	Crispy saithe fillet, tartar sauce (L, G), courgette and carrots with thyme (ML, G), mashed potato (L, G)
Soup	Bratwurst soup with tomato (M, G, B)
Dessert	Oven-baked apple and bilberry crumble (L)
<b>WEDNESDAY</b>	
Lunch	Vegetable and chickpea gratin (L, P, B), roasted bell pepper, onion and sweetcorn (M, L, G)
Lunch	Minced meat lasagnette (L, P), roasted bell pepper, onion and sweetcorn (M, L, G)
Lunch	Fish with parmesan (L, G, P, B), roasted potatoes, bell pepper, onion and sweetcorn (M, L, G)
Soup	Puréed beetroot soup (M, L, G, P, B)
Dessert	Rhubarb kissel (M, L, G)
<b>THURSDAY</b>	
Lunch	Penny bun mushroom and cabbage bake (M, G, P, B) and roasted beetroot (M, L, G)
Lunch	Creamy Baltic herring with cold-smoked salmon (L, G, P, B), roasted beetroot and boiled potatoes (M, L, G)
Lunch	Chicken braised in tarragon and white wine (L, G, P, B), roasted beetroot and whole grain rice (M, L, G)
Soup	Puréed sweet potato soup (L, G, P, B)
Dessert	Berry and banana smoothie (L, G)
<b>FRIDAY</b>	
Lunch	Vegetable paella, paella with organic kidney beans and soya slices (M, L, G, VEG), jalapeños and broccoli (M, L, G)
Lunch	Cheese, game and root vegetable ragout (L, G, B), mashed potatoes (L, G) and lingonberries
Lunch	Chicken thighs and red onion sauce (M, L, G, P, B), steamed broccoli and whole grain rice (M, L, G)
Soup	Indian fish soup (L, G, P, B)
Dessert	Overnight oats with berries (L)
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<b>WEEK 5</b>	<b>38, 44, 50</b>
<b>MONDAY</b>	
Lunch	Lentil and tomato pasta (M, L, P, B, VEG) organic whole grain pasta, warm cabbage and apple bake (M, L, G), grated cheese (L, G)
Lunch	House biff à la Lindström, beetroot and minced meat patties (M, L, P), cream sauce (L), warm cabbage and apple bake (M, L, G) and boiled potatoes
Lunch	Pork stew seasoned with honey and pepper (L, H, B), warm cabbage and apple bake (M, L, G), whole grain rice
Soup	Roasted onion soup (L, P, B)
Dessert	Orange mousse (L, G)
<b>TUESDAY</b>	
Lunch	Pita bread with chickpea ball filling (M, L, P, VEG), vegetables and vegan garlic sauce, courgette with thyme (M, L, G)
Lunch	Pike patties (L, P, B), dill and sour cream sauce (L,G), courgette with thyme, mashed potato (L, G)
Lunch	Greek beef stew (M, L, G, P), courgette with thyme, whole grain rice (M, L, G)
Soup	Roasted bell pepper soup (L,G)
Dessert	Bilberry kissel (M, L, G)
<b>WEDNESDAY</b>	
Lunch	Gardener's root vegetable patties (M, L, G, P, B), sesame seed and bean sauce (M, L, G), roasted root vegetables and boiled potatoes (M, L, G)
Lunch	Chicken fillet (M, L, G, P, B) and cheese-cruste bell pepper, onion and courgette bake (L, G), whole grain rice
Lunch	Kebab with rice (M), garlic and sour cream sauce (L, G), whole grain rice, bean salsa (M, L, G)
Soup	Creamy soup with two types of fish (L, G, P, B)
Dessert	Whipped blackcurrant pudding (M)
<b>THURSDAY</b>	
Lunch	Korean soy and potato stew (M, L, G, VEG), fried champignons and seasonal vegetable (M, L, G)
Lunch	Fish with chilli and orange (M, L, G, P, B), roasted root vegetables (M, L, G), whole grain barley
Lunch	Meat stew (M, L, G), roasted root vegetables (M, L, G), boiled potatoes
Soup	Pea soup (M, L, G, B)
Dessert	Pancake, jam and vanilla mousse (L)
<b>FRIDAY</b>	
Lunch	Quorn in yellow vegetable sauce, (M, L, G), roasted cauliflower and broccoli, boiled potatoes (M, L, G)
Lunch	Indian-style chicken sauce (L, G, P, B), roasted cauliflower and broccoli, basmati rice (M, L, G)
Lunch	Minced meat and macaroni casserole (L, S), roasted cauliflower and broccoli (M, L, G)
Soup	Tomato, chilli and coriander soup (M, L, G, VEG)
Dessert	Tosca pie (L)
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<b>WEEK 6</b>	<b>39, 45, 51</b>
<b>MONDAY</b>	
Lunch	Organic tofu bake, organic tofu, cashew nuts and vegetables in sesame seed sauce (M, L, G, VEG), green beans, whole grain rice (M,L,G)
Lunch	Chinese ginger beef (M, L, G, P), whole grain rice and green beans (M, L, G)
Lunch	Chicken balls (M, L), curry mayonnaise (L, G), green beans and boiled potatoes (M, L, G)
Soup	Courgette and goat's cheese soup (G, P, B)
Dessert	Coconut kissel (LL)
<b>TUESDAY</b>	
Lunch	Chili sin carne with pulled oats (M, L, VEG), spicy stew made with pulled oats and vegetables, roasted beetroot, whole grain rice (M, L, G)
Lunch	Pork and vegetables in herb and mustard sauce (L, G, P), roasted beetroot and boiled potatoes (M, L, G)
Lunch	Salmon lasagnette (L, P, B), roasted beetroot (M, L, G)
Soup	Frankfurter soup (M, L, G, B)
Dessert	Chilli and orange pannacotta (L, G)
<b>WEDNESDAY</b>	
Lunch	Vegetable and bean croquettes (M, L, G, P, B, VEG), bean salsa, oven-baked tomatoes and boiled potatoes (M, L, G)
Lunch	Braised chicken and vegetables (M, L, G, P, B) and fried rice (M, L, G)
Lunch	Minced meat patties (L, G), pepper and cream sauce (L,G), oven-baked tomatoes and boiled potatoes (M, L, G)
Soup	Thai fish soup with tomato (M, L, G, P, B)
Dessert	Lingonberry and caramel quark (L, G)
<b>THURSDAY</b>	
Lunch	Kung Po tofu and nut bake (M, L, G, P, B, VEG), rice
Lunch	Pork and horseradish sauce (L, G, B), oven-baked root vegetables and boiled potatoes (M, L, G)
Lunch	Breaded saithe fillet, (M, P, B) and remoulade sauce (G), oven-baked root vegetables and boiled potatoes (M, L, G)
Soup	Puréed parsnip soup (L, G)
Dessert	Rosehip kissel (M, L, G)
<b>FRIDAY</b>	
Lunch	Broad bean and bell pepper pizza (L, P, B)
Lunch	Chicken stew with Koskenlaskija cheese (L, G, P, B), carrots and peas, whole grain rice
Lunch	Minced meat tortillas (P), salsa, crème fraîche (L), vegetables and whole grain rice
Soup	Wild mushroom soup (L)
Dessert	Carrot quiche (L)
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