

Menu, Helsinki Vocational College, TK23, Hattulantie, Vilppulantie, Kullervonkatu, Ilkantie Sodexo, Autumn 2022

WEEK 1	31, 37, 43, 49
MONDAY	
Lunch	Thai curry with tofu and pumpkin (M,L,G,N,S,VEG) * ,full grain rice (M,L,G,S,N,VEG)
Lunch	Chicken with green curry (L,G,S,N) and full grain rice (M,L,G,VEG)
Lunch	Fish fingers (M,S,N),dill sauce (L,G,S,N) and mashed potatoes (L,G,S,N)
Warm vegetables	Steamed broccoli (M,L,G,S,N,VEG)
Soup	Vegetable minestrone with pesto (M,L,S,N,VEG) and tuna fish (M,L,G,S,N)
Dessert	Coffee cake (L,S,N)
TUESDAY	
Lunch	Spinach pancakes (L,S,N), lingonberrypuree (M,L,G,S,N,VEG), sour cream with parsley (L,G,S,N) and cooked potatoes (M,L,G,S,N,VEG) *
Lunch	Turkey sauce with sage,(L,M,G,S,N) and full grain oats (M,L,S,N,VEG)*
Lunch	Lambmeatballs with thyme sauce (L,S) and cooked potatoes (M,L,G,S,N,VEG)
Warm vegetables	Brussels sprouts (M,L,G,S,N,VEG)
Soup	Tomato soup (M,L,G,S,N,VEG) with cottage cheese (L,G,S,N)
Dessert	Blackcurrant and vanilla kissel (L,G,S,N)
WEDNESDAY	
Lunch	Burrito with blackpeas (M,L,S,N,VEG) *,hummus and full grain rice (M,L,G,S,N,VEG)*
Lunch	Soy-pasta casserole (M,L,S,N,VEG)
Lunch	Almond fish from cod (L,S,N) and cooked potatoes (M,L,G,S,N,VEG) *
Warm vegetables	Roasted corn (M,L,G,S,N,VEG)
Soup	Asian chicken-noodle soup (M,L,S,N)
Dessert	Chocolatemousse (VL,S)
THURSDAY	
Lunch	Shitake mushroom-kale risotto (M,L,G,S,N,VEG) *
Lunch	Chicken in lemon sauce (L,G,S,N) with full grain barley (M,L,S,N,VEG)
Lunch	Frankfurter sauce (M) with cooked potatoes (M,L,G,S,N,VEG)
Warm vegetables	Baked root vegetables (M,L,G,S,N,VEG)
Soup	Saithe-vegetable soup (L,G,S,N)*
Dessert	Apple and oat bake with vanilla custard (L,S,N)
FRIDAY	
Lunch	Lentil-eggplant korma, (M,L,G,S,N,VEG) * and full grain rice (M,L,G,S,N,VEG)
Lunch	Italian minced meat sauce (M,L,S) and organic full grain pasta (M,L,S,N,VEG)
Lunch	Rainbow trout-potato casserole (L,G,S,N) *
Warm vegetables	Roasted zucchini (M,L,G,S,N,VEG)
Soup	Finnish vegetable soup (L,G,S,N) and organic smoked tofu (M,L,G,S,N,VEG)
Dessert	Whipped blueberry porridge (M,L,VEG)
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WEEK 2	32, 38, 44, 50
MONDAY	
Lunch	Soya-cashew sauce (M,L,G,S,N,VEG) * and cooked potatoes (M,L,G,S,N,VEG)
Lunch	Chicken korma (L,G,S,N) and full grain rice (M,L,G,S,N,VEG)
Lunch	Beef and potato casserole (L,G,S)
Warm vegetables	Green beans (M,L,G,S,N,VEG)
Soup	Clear turkey and vegetable soup (M,G,S,N) *
Dessert	Vegan blueberry-lingonberry smoothie (M,G,S,N,VEG)
TUESDAY	
Lunch	Omelette roll with mushrooms and parsley sour cream (L,S,N) *
Lunch	Baltic herrings in tomato sauce (M,L,G,S,N) * and cooked potatoes (M,L,G,S,N,VEG)
Lunch	Chicken fricassee with blackcurrant puree (M,S,N) and full grain rice (M,L,G,S,N,VEG)
Warm vegetables	Peas (M,L,G,S,N,VEG)
Soup	Sweet potato-parsnip soup (M,L,G,S,N,VEG) and chili turkey (M,L,G,S,N)
Dessert	Whipped lingonberry porridge (M,L,S,N,VEG)
WEDNESDAY	
Lunch	Tomato pasta with organic tofu (M,L,S,N,VEG) *
Lunch	Chicken cutlet with curry sauce (M,L,G,S,N) and full grain oats (M,L,S,N,VEG)
Lunch	Cabbage casserole with pulled oats and lingonberries (M,L,S,N,VEG) *
Warm vegetables	Roasted organic cauliflower (M,L,G,S,N,VEG)
Soup	Traditional fish soup from cod (L,G,S,N) *
Dessert	Oat pancakes with berries (L,S,N)
THURSDAY	
Lunch	Beetroot patties with vegan cream sauce (M,L,S,N,VEG) and full grain barley (M,L,S,N,VEG)
Lunch	Fish croquettes with mint-yogurt sauce (L,G,S,N) * and cooked potatoes (M,L,G,S,N,VEG)
Lunch	Pork sauce with root vegetables and honey (L,G) and cooked potatoes (M,L,G,S,N,VEG)
Warm vegetables	Carrot with parsley and thyme (M,L,G,S,N,VEG)
Soup	Black salsify puree soup (M,L,G,S,N,VEG) * and pepper mackerel (M,L,G,S,N)
Dessert	Banana and rosehip kissel (M,L,G,S,N,VEG)
FRIDAY	
Lunch	Vegan lasagna (M,S,N,VEG) *
Lunch	Cod with tomato and herbs (L,S,N) * and mashed potatoes (L,G,S,N)
Lunch	Kebab with tomato sauce, jalapenos and garlic sour cream (L,G,S) with rice (M,L,G,S,N,VEG)
Warm vegetables	Roasted swede (M,L,G,S,N,VEG)
Soup	Organic spinach soup, (L,S,N) with organic egg (M,L,G,S,N)
Dessert	Muffin with salted licorice and lemon (M,L,S,N,VEG)
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WEEK 3	33, 39, 45, 51
MONDAY	
Lunch	Broad bean wok (M,L,G,S,N,VEG) *
Lunch	Salmonlasagnette (L,G,S,N) *
Lunch	Tacos with beef and vegetables,jalapenos and yogurt sauce (L,G,S) with full frair rice (M,L,G,S,N,VEG)
Warm vegetables	Roasted corn (M,L,G,S,N,VEG)
Soup	Chicken soup (M,L,G,S,N) *
Dessert	Strawberry kissel (M,L,G,S,N,VEG)
TUESDAY	
Lunch	Maroccans chickpea patties with tomato salsa (M,L,G,S,N,VEG) and full grain rice (M,L,G,S,N,VEG)
Lunch	Baked sausage with brown sauce (L,G) and mashed potatoes (L,G,S,N)
Lunch	Chicken sweet and sour (M,L,G,S,N) * with full grain rice (M,L,G,S,N,VEG)
Warm vegetables	Carrots with thyme (M,L,G,S,N,VEG)
Soup	Mushroom soup (M,L,G,L,S,N,VEG) with cheese (L,G,S,N)
Dessert	Mangolassi (L,G,S,N)
WEDNESDAY	
Lunch	Bell peppers with lentils and soy, hummus (M,L,G,S,N,VEG) *
Lunch	Lake fish steaks from pike with lemon and thyme sauce (L,S,N) * and cooked potatoes (M,L,G,S,N,VEG)
Lunch	Beef with pepper (M,L,G,S) and full grain barley (M,L,S,N,VEG)
Warm vegetables	Green beans (M,L,G,S,N,VEG)
Soup	Root vegetable puree soup (M,L,G,S,N,VEG) with mozzarella (L,G,S,N)
Dessert	Whipped apricot porridge (M,VEG)
THURSDAY	
Lunch	Organic tofu and spinach pasta with grated vegan cheese (M,L,S,N,VEG)
Lunch	Chicken drumsticks with bell pepper and onions (L,S,N) and full grain oats (M,L,S,N,VEG)
Lunch	Vegetable-soy risotto with pineapple-chili salsa (M,L,G,S,N,VEG) *
Warm vegetables	Roasted parsnip (M,L,G,S,N,VEG)
Soup	Fish solyanka from cod (M,L,G,S,N) *
Dessert	Vanilla kissel with raspberry jam (L,G,S,N)
FRIDAY	
Lunch	Quorn in yellow vegetable sauce (L,G,S,N) *and full grain rice (M,L,G,S,N,VEG)
Lunch	Pita with turkey and vegetables,jalapenos and sour cream with garlic (L,S,N)
Lunch	Baltic herrings with leek and cold smoked salmon (L,G,S,N) *and mashed potatoes (L,G,S,N)
Warm vegetables	Broccoli (M,L,G,S,N)
Soup	Tomato soup with organic chickpeas (M,L,G,S,N,VEG) and tandori spiced chicken (M,L,G,S,N)
Dessert	Cardemom and berry bake with vanilla custard (L,S,N)
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WEEK 4	34, 40, 46, 52
MONDAY	
Lunch	Casserole with mozzarella, tomato and broad beans (L,G,S,N) *
Lunch	Meatballs in tomato sauce (L,S) and full grain pasta (M,L,S,N,VEG)
Lunch	Turkey and potato casserole (L,G,S,N)
Warm vegetables	Mushrooms with thyme (M,L,G,S,N)
Soup	Vegan Cream of asparagus (M,L,G,S,N,VEG) * and smoked ham (M,L,G,N)
Desert	Licorice creme caramel (VL,S)
TUESDAY	
Lunch	Soya-root vegetable Burgundy (M,L,G,S,N,VEG) and full grain oats (M,L,S,N,VEG)
Lunch	Turkey sauce with tarragon (M,L,G,S,N) * and full grain oats (M,L,S,N,VEG)
Lunch	Crispy fish cutlet from saithe, tartar sauce (L,S,N) and mashed potatoes (L,G,S,N)
Warm vegetables	Zucchini and carrot with thyme (M,L,G,S,N,VEG)
Soup	Minced meat soup (M,L,G,S)
Dessert	Rhubarb bake and vanilla custard (L,S,N)
WEDNESDAY	
Lunch	Mifu and artichoke pie (L,S,N)
Lunch	Tunafish lasagnette (L,S,N) *
Lunch	Turkey cutlet with bbq-honey sauce (L,G,S,N) and full grain rice (M,L,G,S,N,VEG)
Warm vegetables	Roasted broccoli (M,L,G,S,N,VEG)
Soup	Vegan bortsch (M,L,S,N,VEG) and Emmental cheese (L,G,S,N)
Dessert	Strawberry kissel (M,L,G,VEG)
THURSDAY	
Lunch	Carrot pancakes with lentil-sour cream (L,S,N) and full grain barley (M,L,S,N,VEG)
Lunch	Steamed cod with tomato and basil (M,L,G,S,N) * and full grain barley (M,L,S,N,VEG)
Lunch	Chantarell-broad bean lasagnette (M,L,S,N,VEG)
Warm vegetables	Beetroot (M,L,G,S,N,VEG)
Soup	Leek-potato soup (M,L,G,S,N,VEG) and vegan salad cheese (M,L,G,S,N,VEG)
Dessert	Berry-banana smoothie (L,G,S,N)
FRIDAY	
Lunch	Vegetable paella with kidneybeans, sweet and sour tomato relish (M,L,G,S,N,VEG) *
Lunch	Game stew with lingonberrypuree (L,G,S) and mashed potatoes (L,G,S,N)
Lunch	Chicken drumstick with red onion sauce (M,L,G,S,N) * full grain rice (M,L,G,S,N,VEG)
Warm vegetables	Carrot and fennel (M,L,G,S,N,VEG)
Soup	Rainbow trout soup (L,G,S,N) *
Dessert	Apple pie (L,S,N)
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WEEK 5	35, 41, 47
MONDAY	
Lunch	Lentils and vegetables with tomato sauce (M,L,G, S,N,VEG) * and organic full grain pasta (M,L,S,N,VEG)
Lunch	Beef and potato casserole (M,L,G,S)
Lunch	Chicken minced meat-vegetable bolognese (M,L,S,N) * and organic full grain pasta (M,L,S,N,VEG)
Warm vegetables	Cabbage and apple bake (M,L,G,S,N,VEG)
Soup	Sweet potato puree soup (M,L,G,S,N,VEG) with organic tofu (M,L,G,S,N,VEG)
Dessert	Orangemoussé (VL,G,S)
TUESDAY	
Lunch	Vegetable falafel pita with tsatsiki (L,S,N) *
Lunch	Baltic herring patties with dill sauce (L,G,S,N) * and mashed potatoes (L,G,S,N)
Lunch	Tofu bake with vegetables and cashew (M,L,G,S,N,VEG) and full grain oats (M,L,G,S,N,VEG)
Warm vegetables	Zucchini with lemon (M,L,G,S,N,VEG)
Soup	Prawn soup (L,G,S,N)
Dessert	Blueberry kissel (M,L,G,VEG)
WEDNESDAY	
Lunch	Pulled oats and vegetable sauce (M,L,S,N,VEG) * with full grain rice (M,L,G,S,N,VEG)
Lunch	Salmon and pasta casserole (L,S,N) *
Lunch	Pork stroganoff (L) with full grain rice (M,L,G,S,N,VEG)
Warm vegetables	Baked beetroots (M,L,G,S,N,VEG)
Soup	Frankfurter soup (M,L,G)
Dessert	Whipped redcurrant porridge (M,L,VEG)
THURSDAY	
Lunch	Sweet potato in peanut sauce (M,L,G,S,N,VEG) * and full grain barley (M,L,S,N,VEG)
Lunch	Turkey and vegetable stew (L,G,S,N) * with full grain barley (M,L,S,N,VEG)
Lunch	Meat and macaroni casserole (L,S)
Warm vegetables	Baked root vegetables (M,L,G,S,N,VEG)
Soup	Vegan peasoup with pulled oats (M,L,S,N,VEG) * and smoked mackerel (M,L,G,S,N)
Dessert	Pancake with jam (L,S,N)
FRIDAY	
Lunch	Bean and vegetable couscous with coriander hummus (M,L,S,N,VEG) *
Lunch	Chicken in red curry (M,L,G,S,N) with basmati rice (M,L,G,S,N,VEG)
Lunch	Baked cod with orange and chili (M,L,G,S,N) * and cooked potatoes (M,L,G,S,N,VEG)
Warm vegetables	Roasted broccoli and cauliflower (M,L,G,S,N,VEG)
Soup	Tomato soup with coriander (M,L,G,S,N,VEG) and feta cheese (L,G,S,N)
Dessert	Caramel cake (L,S,N)
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WEEK 6	36, 42, 48
MONDAY	
Lunch	Potato-chickpea casserole (L,S,N,VEG)
Lunch	Baked saithe in cheese sauce (M,L,G,S,N) * and cooked potatoes (M,L,G,S,N,VEG)
Lunch	Chicken meatballs with curry mayonnaise (L,S,N) and full grain oats (M,L,S,N,VEG)
Warm vegetables	Green beans (M,L,G,S,N,VEG)
Soup	Lentil-coconut soup (M,L,G,S,N,VEG) * with cheese (L,G,S,N)
Dessert	Chocolad kissel (L,G,S,N)
TUESDAY	
Lunch	Pinto bean and vegetable sauce (M,L,G,S,N,VEG) * with full grain barley (M,L,S,N,VEG)
Lunch	Pork sauce with green pepper (L,G) and cooked potatoes (M,L,G,S,N,VEG)
Lunch	Cold smoked salmon-potato casserole (L,G,S,N)
Warm vegetables	Peas (M,L,G,S,N,VEG)
Soup	Vegetable soup with cheese (L,G,S,N) and chili turkey (M,L,G,S,N)
Dessert	Melon and strawberry fruitie (M,L,G,S,N,VEG) *
WEDNESDAY	
Lunch	Vegetable-bean croquettes with beetroot hummus (M,L,G,S,N,VEG) * and rice – multigrain (M,L,S,N,VEG)
Lunch	Banana chicken (L,G,S,N) and rice-multigrain (M,L,S,N,VEG)
Lunch	Soya and vegetable lasagnette (M,L,S,N,VEG)
Warm vegetables	Bryssels sprouts (M,L,G,S,N,VEG)
Soup	Meat soup (M,L,G,S)
Dessert	Quark with lingonberries and caramel (L,G,S,N)
THURSDAY	
Lunch	Quorn fricassee (L,S,N) with full grain rice (M,L,G,S,N,VEG)
Lunch	Fried Noodles with chicken and vegetables (M,L,S,N) *
Lunch	Indian style fish curry (M,L,G,S,N) * with rice (M,L,G,S,N,VEG)
Warm vegetables	Cauliflower (M,L,G,S,N,VEG)
Soup	Roasted bell pepper soup (M,L,G,S,N,VEG) with cottage cheese (L,G,S,N)
Dessert	Boysenberry kissel (M,L,G,VEG)
FRIDAY	
Lunch	Vegetable moussaka (L,S,N) *
Lunch	Turkey-pasta casserole with red pesto (L,S,N)
Lunch	Tortillas with minced meat and bean-salsa (L,S) and full grain rice (M,L,G,S,N,VEG)
Warm vegetables	Carrot and peas (M,L,G,S,N,VEG)
Soup	Clear fish soup (M,L,S,N) *
Dessert	Turkish yogurt with honey and muesli (L,S,N)
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