

Menu, Helsinki Vocational College, Teollisuuskatu 23, Sodexo

WEEK 1	34, 40, 46, 52
MONDAY	
Lunch	Vegetarian Bolognese sauce with mifu (L, B, P), organic whole grain pasta (M, L) and roasted broccoli (L, M, G)
Lunch	Minced meat croquettes (L, M), chilli mayonnaise (M, L, G), rice (M, L, G) and roasted broccoli (L, M, G)
Lunch	Pork in green curry sauce (M, L, G, B), rice (M, L, G) and roasted broccoli (L, M, G)
Soup	Creamy salmon soup (L, G, B, P)
Dessert	Berry quark (L, G) / fruit / coffee / tea
Salad table	Iceberg lettuce, tomato, sweetcorn, grated courgette, grated radish, olives (M, G, P, B, VEG)
TUESDAY	
Lunch	Spanish omelette (L, G, P, B), bean salsa (M, L, G, VEG), steamed carrots (M, L, G)
Lunch	Chicken thigh fillets (M, L, G, P, B), bell pepper sauce (M, L, G, P, B), whole grain rice (M, L, G), steamed carrots (M, L, G)
Lunch	Ham and bacon sauce (M, L, G, B), whole grain pasta (M) and steamed carrots (M, L, G)
Soup	Tomato soup (M, L, G, P, B, VEG), cottage cheese (L, G) or prawns (M, L, G)
Dessert	Rose hip and white chocolate mousse (G) / fruit / coffee / tea
Side salad	Iceberg lettuce, Chinese cabbage, cucumber, grated swede with grapes, tomato, marinated garlic (M, G, P, B, VEG)
WEDNESDAY	
Lunch	Chickpea and vegetable curry (M, L, G, P, B, VEG), whole grain rice and roasted sweet potatoes (M, L, G)
Lunch	Beef stew (L, G, P), boiled potatoes and roasted sweet potatoes (M, L, G)
Lunch	Baltic herring in cold-smoked salmon sauce (L, G, B, P), boiled potatoes and roasted sweet potatoes (M, L, G)
Soup	Chicken noodle soup (M, L, P, B)
Dessert	Chocolate pudding and whipped cream (L, G) / fruit / coffee / tea
Side salad	Iceberg lettuce, watermelon with parsley, peas, shredded cabbage with lingonberries, cucumber with mint (M, G, P, B, VEG)
THURSDAY	
Lunch	Soy balls (M, L, G, P, B, VEG), sour cream sauce (L, G), boiled potatoes and steamed romano beans (M, L, G)
Lunch	Chicken wok (M, L, G, P, B), whole grain rice and steamed romano beans (M, L, G)
Lunch	Minced meat and macaroni casserole (L, P) and steamed romano beans (M, L, G)
Soup	Puréed root vegetable soup (L, G, P, B) and mozzarella (G) or tuna (M, L, G)
Dessert	Bilberry treat (L) / fruit / coffee / tea
Side salad	Iceberg lettuce, radicchio, tomato, cucumber, grated cauliflower with nuts, grated carrot (M, G, P, B, VEG)
FRIDAY	
Lunch	Vegetable burrito with black bean filling (L, P, B), yogurt sauce (L, G), steamed mangetout (M, L, G)
Lunch	Baltic herring casserole (L, G, P, B), steamed mangetout (M, L, G)
Lunch	Braised pork neck (M, G, B), BBQ sauce (L, G), potato dauphinoise and steamed mangetout (L, G)
Soup	Puréed ginger and carrot soup (L, G, P, B) and country-style ham or marinated tofu (M, L, G)
Dessert	Apple crumble (L), cinnamon and vanilla mousse (L, G) / fruit / coffee / tea
Side salad	Iceberg lettuce, melon, sweetcorn, , grated carrot, salad dressing with herbs (M, G, P, B, VEG)
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WEEK 2	35, 41, 47
MONDAY	
Lunch	Pulled oats, spinach, pesto and Parmesan cheese (LL, P, B)
Lunch	Chicken gratin (L, P, B) and roasted carrot and parsnip
Lunch	Black pepper beef stew (L, G, P), potatoes with parsley (M, L, G) and roasted carrot and parsnip
Soup	Kainuu-style perch soup (L, G)
Dessert	Fruit salad (M, L, G) and vanilla mousse (LL) / fruit / coffee / tea
Side salad	Iceberg lettuce, grated bell pepper and cabbage, lentil and vegetable salad, cucumber, beetroot slices (M, G, P, B, VEG)
TUESDAY	
Lunch	Mushroom and potato pyttipanna hash (M, L, G, P, B, VEG)
Lunch	Fried vendace, mashed potato (L,G) and steamed brussels sprouts (M, L, G)
Lunch	Indian pork sauce (M, L, G, B), whole grain rice (M, L, G) and steamed brussels sprouts (M, L, G)
Soup	Spinach soup (L) and egg or marinated tofu
Dessert	Semolina porridge with lingonberry (L)
Side salad	Iceberg lettuce and Chinese cabbage, tomato, mangetout, roasted and marinated root vegetables, pickle (M, G, P, B, VEG)
WEDNESDAY	
Lunch	Champignon and broad bean lasagnette (L, P, B)
Lunch	Beef bourguignon (L, G, P), boiled potatoes (M, L, G)
Lunch	Mutton balls, curry sauce, whole grain barley (M, L), and oven-baked vegetables
Soup	Spring onion and potato soup (L, G) and roast beef or home-made cheese
Dessert	Vanilla kissel and jam (L, G)
Side salad	Iceberg lettuce and radicchio, grated courgette, shredded cabbage and grated carrot, orange and leek salad, marinated Brussels sprouts (M, G, P, B, VEG)
THURSDAY	
Lunch	Pulled oats pasta sauce (L, P, B), whole grain pasta (M)
Lunch	Pork with pink pepper (M, L, G, B), mashed potato (L, G) and green beans
Lunch	Pike patties with rye (L, P, B), egg sauce (L, G), potatoes with dill (L, G)
Soup	Puréed black salsify soup (L, G, P, B) and parmesan cheese or turkey slices
Dessert	Organic bilberry and sour milk drink / fruit / coffee / tea
Side salad	Iceberg lettuce, tomato, cucumber, grated swede with peach, pickled cucumber, broccoli and bell pepper salad (M, G, P, B, VEG)
FRIDAY	
Lunch	Carrot and oat bran patties, beetroot coleslaw
Lunch	Frankfurters (M, G, B), cream sauce (L), mashed potatoes (L, G) and roasted beetroot
Lunch	Lemon-flavoured chicken ragout (L, G, P, B), whole grain rice (M, L, G) and roasted beetroot
Soup	Creamy smoked rainbow trout soup (L, G, P, B)
Dessert	Oat pancakes and berry jam / fruit / coffee / tea
Side salad	Iceberg lettuce, cucumber, grated radish, marinated cabbage and bell pepper salad, sweetcorn and pea salad with parsley (M, L, G, P, B, VEG)
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WEEK 3	36, 42, 48
MONDAY	
Lunch	Goat's cheese pasta (LL, P, B)
Lunch	Turkey casserole (L, G, P, B) and roasted sweet potatoes (M, L, G)
Lunch	Stroganoff (L, G), boiled potatoes (M, L, G) and roasted sweet potatoes (M, L, G)
Soup	Coconut and chicken soup (L, G, P, B)
Dessert	Mango quark (L, G) / fruit / coffee / tea
Side salad	Iceberg lettuce and Chinese cabbage, tomato, marinated portobello mushrooms, organic chickpea salad, salad with cauliflower, melon and pineapple (M, L, G, P, B, VEG)
TUESDAY	
Lunch	Falafel, sour cream sauce (L, G), whole grain rice
Lunch	Japanese pork ragout (M, L, G, B), whole grain rice
Lunch	Salmon patties (L, P, B), tzatziki (L, G), mashed potato (L, G)
Soup	Puréed beetroot soup (L, G, P, B) and salad cheese or prawns
Dessert	Strawberry kissel and whipped cream (L, G) / fruit / coffee / tea
Side salad	Iceberg lettuce, grated cucumber and courgette, herb-marinated carrots, roasted broad beans, orange and leek salad (M,L,G,S,N,VEG)
WEDNESDAY	
Lunch	Oven-baked potatoes with feta and bean filling (LL, G)
Lunch	Chicken tikka masala (L, G, P, B), whole grain rice and courgette
Lunch	Cabbage casserole (M, G, P), crushed lingonberries
Soup	Pureed vegetable soup (L, G, P, B) and cottage cheese (L, G) or country-style ham (M, L, G, B)
Dessert	Semolina porridge with apricot (M) / fruit / coffee / tea
Side salad	Iceberg lettuce and radicchio, sweetcorn and melon with parsley, cucumber, no-mayo potato salad, olives (M, L, G, P, B, VEG)
THURSDAY	
Lunch	Vegetarian pizza (L, P, B)
Lunch	Fried Baltic herring fillets (P, B), boiled potatoes, dill and sour cream sauce (L, G)
Lunch	Game stew with cheese (L, G), whole grain barley (M) and roasted bell pepper
Soup	Pea soup (M, L, G, B)
Dessert	Pancake, jam, vanilla mousse / fruit / coffee / tea
Side salad	Iceberg lettuce, tomato, marinated courgette, grated carrot, swede and celery, broccoli, pickled gherkin (M, L, G, VEG)
FRIDAY	
Lunch	Beetroot and blue cheese pasta casserole (L, G, P, B)
Lunch	Cajun beef (L, G, P), whole grain rice (M, L, G)
Lunch	Chicken thighs (M, L, G, P, B), pesto sauce (G), whole grain rice (M, L, G)
Soup	Puréed fennel soup (L, G) and Brie cheese or smoked beef
Dessert	Raspberry swiss roll (L) / fruit / coffee / tea
Side salad	Iceberg lettuce and Chinese cabbage, cucumber, tomato, chilli-marinated organic chickpeas, roasted cauliflower (M, L, G, P, B, VEG)
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WEEK 4	37, 43, 49
MONDAY	
Lunch	Soya and nut ratatouille (M, L, G, VEG) and boiled potatoes
Lunch	Minced meat patties (L), pepper sauce (L, G), boiled potatoes (M, L, G)
Lunch	Pork wok (M, G, B), noodles (M) and roasted cauliflower (M, L, G)
Soup	Puréed sweet potato soup (L,G) and salad cheese or black pepper beef (M, L, G, P)
Dessert	Rhubarb crumble and vanilla mousse (L) / fruit / coffee / tea
Side salad	Iceberg lettuce, tomato, herb-marinated carrots, grated courgette and bell pepper, lentil and vegetable salad (M, L, G, VEG)
TUESDAY	
Lunch	Carrot patties, chive sauce (L), boiled potatoes and roasted beetroot (M, L, G)
Lunch	Almond-topped fish (L, P, B), mashed potato (L, G) and roasted beetroot (M, L, G)
Lunch	Chicken thigh fillet (M, L, G, P, B), sweet chilli sauce and whole grain rice (M, L, G)
Soup	Siskonmakkara sausage soup (M, L, G, B)
Dessert	Chocolate mousse (G), whipped cream / fruit / coffee / tea
Side salad	Iceberg lettuce, cucumber, salad with sundried tomatoes and beans, beetroot salad, Chinese cabbage and watermelon salad (M, L, G, P, B, VEG)
WEDNESDAY	
Lunch	Pulled oats, spinach, pesto and parmesan cheese
Lunch	Salmon and pasta casserole (L, P, B) and roasted root vegetables (M, L, G)
Lunch	Rice kebab (M, L, G), garlic sauce (L, G)
Soup	Puréed cauliflower and broccoli soup (L, G, P, B) and hot-smoked salmon or marinated tofu
Dessert	Crème caramel (L, G) / fruit / coffee / tea
Side salad	Iceberg lettuce and radicchio, tomato, marinated portobello mushrooms, grated cucumber, pickled pumpkin (M, L, G, VEG)
THURSDAY	
Lunch	Courgette bake (L) and steamed carrots (M, L, G)
Lunch	Chili con carne (M, G), whole grain rice and steamed carrots (M, L, G)
Lunch	Pork kassler (M, G, B), horseradish sauce, potato dauphinoise (L, G) and steamed carrots (M, L, G)
Soup	Creamy Baltic herring soup (L, G, P, B)
Dessert	Coconut kissel / fruit / coffee / tea
Side salad	Iceberg lettuce, grated courgette, shredded cabbage and red cabbage, chickpeas, red onion (M, L, G, VEG)
FRIDAY	
Lunch	Kung Po tofu and nut bake (M, G) and steamed mixed beans (M, L, G)
Lunch	Taco and minced meat casserole (L, G) and steamed mixed beans (M, G)
Lunch	Pike patty hamburger, lemon mayonnaise and potato wedges
Soup	Puréed leek and carrot soup (L, G) and tandoori chicken or smoked salmon (M, L, G, P, B)
Dessert	Bilberry and quark pie (L), custard / fruit / coffee / tea
Side salad	Iceberg lettuce, tomato, cucumber, grated radish, bell pepper, marinated Brussels sprouts
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WEEK 5	38, 44, 50
MONDAY	
Lunch	Sweet potato and kale in peanut sauce, whole grain barley (L, G, P, B)
Lunch	Tuna and pasta casserole and roasted bell pepper
Lunch	Turkey with Koskenlaskija cheese (L, G, P, B), whole grain barley (M, L) and roasted bell pepper
Soup	Wild mushroom soup and roast beef (M, G, P) or home-made cheese (L, G)
Dessert	Orange mousse (L, G) / fruit / coffee / tea
Side salad	Iceberg lettuce and Chinese cabbage, tomato, cucumber, grated swede with peach, sweetcorn, pickled onions (M, L, G, VEG)
TUESDAY	
Lunch	Pita bread with vegetable filling (M, VEG), garlic sauce (L, G)
Lunch	Meat stew (G), mashed potato (L, G)
Lunch	Oven-baked sausage, mashed potato (L, G), mustard sauce (L, G) and steamed cauliflower and broccoli (M, L, G)
Soup	Creamy soup with two types of fish (L, G, P, B)
Dessert	Bilberry kissel (M, G), whipped cream (L, G) / fruit / coffee / tea
Side salad	Iceberg lettuce, cucumber, orange salad, bell pepper, red cabbage coleslaw (M, L, G, VEG)
WEDNESDAY	
Lunch	Vegetable moussaka (L, G)
Lunch	Biff à la Lindström, onion sauce, boiled potatoes and roasted sweet potato
Lunch	Indian chicken ragout (M, G, P, B), jasmine rice and roasted sweet potato
Soup	Tomato, chilli and coriander soup and marinated tofu or turkey (M, L, G, VEG)
Dessert	Semolina porridge with strawberry (M) / fruit / coffee / tea
Side salad	Iceberg lettuce, tomato and onion salad, grated carrot, roasted broad beans, salad with beetroot, apple and cucumber (M, L, G, VEG)
THURSDAY	
Lunch	Mexican bean patties, lime and sour cream sauce, boiled potatoes and roasted courgette (M, L, G, P, B)
Lunch	Tandoori pork, boiler rice and roasted courgette
Lunch	Flounder, lime and prawn sauce (L, P, B), boiled potatoes and roasted courgette (M, L, G)
Soup	Meat soup (M, L, G, P)
Dessert	Berry and banana smoothie (L, G) / fruit / coffee / tea
Side salad	Iceberg lettuce and radicchio, grated cucumber, sweetcorn and green bean salad, tomato, pickle (M, L, G, VEG)
FRIDAY	
Lunch	Beetroot and soya casserole (M, L, VEG)
Lunch	Pasta Bolognese (M, S)
Lunch	Chicken leg (M, L, G, P, B), curry mayonnaise, whole grain rice, parsnips and carrots (M, L, G)
Soup	Coconut and lentil soup (M, L, G, VEG) and cottage cheese or prawns
Dessert	Tosca pie (L) / fruit / coffee / tea
Side salad	Iceberg lettuce, tomato, cucumber with dill, peas, orange salad, beetroot slices (M, L, G, VEG)
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WEEK 6	39, 45, 51
MONDAY	
Lunch	Organic tofu and vegetable ragout (M, L, G, VEG), whole grain rice and steamed Brussels sprouts (M, L, G)
Lunch	Greek beef stew (M, L, G, P), whole grain rice and steamed Brussels sprouts (M, L, G)
Lunch	Meatballs (M, G), pepper and cream sauce (L, G), boiled potatoes and steamed Brussels sprouts (M, L, G)
Soup	Asian saithe soup (M, L, G, P, B)
Dessert	Lingonberry and caramel quark (L, G) / fruit / coffee / tea
Side salad	Iceberg salad and Chinese cabbage, cucumber, tomato, lentil and vegetable salad, marinated red onion, pickled gherkin
TUESDAY	
Lunch	Chili sin carne (M, L, G, VEG), whole grain rice and roasted beetroot (G)
Lunch	Chicken braised in tarragon and white wine (M, L, G, P, B), whole grain rice and roasted beetroot (M, L, G)
Lunch	Crispy fish fillet (M, P, B), tartare sauce, mashed potato and roasted beetroot (L, G)
Soup	Puréed parsnip soup (L, G) and home-made cheese or smoked beef
Dessert	Chilli and orange pannacotta (L, G) / fruit / coffee / tea
Side salad	Iceberg lettuce, cucumber, marinated black bean and bell pepper salad, grated radish, green potato salad (M, G, L, VEG)
WEDNESDAY	
Lunch	Gardener's root vegetable patties (M), lentil and sour cream sauce (L, G), boiled potatoes and steamed sweetcorn
Lunch	Minced meat lasagnette (L, P) and steamed sweetcorn
Lunch	Pork in sweet and sour sauce (M, G, L, B), whole grain rice and steamed sweetcorn
Soup	Vegetable borscht and crème fraîche (L, G) and pepper mackerel or Finnish squeaky cheese
Dessert	Overnight oats with berries / fruit / coffee / tea
Side salad	Iceberg lettuce and radicchio, orange-marinated courgette, tomato, grated radish, pickled onions (M, L, G, VEG)
THURSDAY	
Lunch	Bell peppers stuffed with feta and polenta and oven-baked vegetables (L)
Lunch	Parmesan fish (LL, P, B), mashed potato and oven-baked vegetables (L, G)
Lunch	Curry and beef ragout (M, G, L, P), whole grain rice and oven-baked vegetables (M, L, G)
Soup	Pea soup (M, L, G, B)
Dessert	Pancake, jam, vanilla mousse / fruit / coffee / tea
Side salad	Iceberg lettuce and Chinese cabbage, tomato, cucumber, organic chickpeas with herbs, mixed roasted and marinated root vegetables (M, L, G, P, B)
FRIDAY	
Lunch	Moroccan vegetable and potato ragout (M, L, G, VEG), whole grain rice and roasted carrots (L, G)
Lunch	Breaded chicken fillet (M, P, B), curry mayonnaise, whole grain rice and roasted carrots (M, L, G)
Lunch	Game and champignon stew (M, L, G), boiled potatoes and roasted carrots (M)
Soup	Spicy chickpea soup (M, L, G, VEG) and country-style ham or cold-smoked salmon
Dessert	Rhubarb kissel (M, L, G) and whipped cream (L) / fruit / coffee / tea
Side salad	Iceberg lettuce and radicchio, cucumber, peas, shredded cabbage with currants, grated swede and parsnip, bell pepper and sundried tomatoes (M, L, G, VEG)
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