



# LUNCH MENU

## WEEKS

3, 9, 15, 21, 27, 33, 39, 45, 51

### MONDAY

Helmi's sausage platter **LF GF**  
Roasted chicken with BBQ sauce **DF GF**  
Creamy salmon soup **LF GF**  
Opera schnitzel **LF**

### TUESDAY

Helmi's thick minced meat patties with browned onions **LF GF**  
Béarnaise chicken pasta  
Spinach soup with boiled egg **LL**  
Peppered pork minute steak **LF GF**

### WEDNESDAY

Peppery pork stew **LF GF**  
Breaded flounder (Northwest Atlantic) with tartar sauce **LF**  
Coconut and chicken soup **DF GF**  
Grilled pork sirloin **LF GF**

### THURSDAY

Oven-baked sausage **LF GF**  
Smoked salmon and potato casserole (NO) **LF GF**  
Pea soup **DF GF** and pancake **LF**  
Grilled chicken with blue cheese **LF GF**

### FRIDAY

Helmi's homemade meatballs with brown sauce **LF GF**  
Chef's choice  
Sausage soup **DF GF**  
Hawaiian schnitzel

### SATURDAY

Fish patties with tartar sauce **LF**  
Lasagne **LL**  
Florida chicken

### SUNDAY

Fruity curry chicken **LF GF**  
Helmi's kebab (EU) with garlic sauce **DF GF LF**  
Pork minute steak with seasoned butter **LF GF**

## WEEKS

4, 10, 16, 22, 28, 34, 40, 46, 52

### MONDAY

Minced meat sauce **LF GF**  
Dijon chicken **LF GF**  
Mexican tomato soup **LF GF**  
Pork sirloin with béarnaise sauce **GF**

### TUESDAY

Finnish potato hash with fried eggs **DF GF**  
Citrus gratinated fish (Pacific) **LF**  
Minced meat soup **DF GF**  
Hawaiian chicken schnitzel

### WEDNESDAY

Meatloaf with brown sauce **LF GF**  
Chicken Kiev **LF**  
Smoked rainbow trout soup (NO) **LF GF**  
Pork sirloin with onions **LF GF**

### THURSDAY

Breaded flounder stuffed with Béarnaise sauce (Northeast Atlantic)  
Sausage patties with onion **LF GF**  
Pea soup **DF GF** and pancake **LF**  
Grilled chicken with blue cheese **LF GF**

### FRIDAY

Helmi's homemade meatballs with pepper and cream sauce **LF GF**  
Chef's choice  
Wiener soup **DF GF**  
Hunter's schnitzel with mushroom sauce **LF**

### SATURDAY

Salami and potato casserole **LF GF**  
Coq au vin **DF GF**  
Stuffed pork minute steak **LF GF**

### SUNDAY

Tender pork neck with pepper sauce **LF GF**  
Salmon lasagne (FI/SWE/NO) **LF**  
Grilled chicken with béarnaise sauce **GF**

## WEEKS

5, 11, 17, 23, 29, 35, 41, 47

### MONDAY

Sausage sauce **LF GF**  
Helmi's fish & chips (North Pacific) **DF GF**  
Curry chicken soup **LF GF**  
Opera schnitzel **LF**

### TUESDAY

Helmi's thick minced meat patties with onion-bacon sauce **LF GF**  
Sweet 'n' sour chicken **DF GF**  
Creamy salmon soup **LF GF**  
Peppered pork minute steak **LF GF**

### WEDNESDAY

Karelian stew **DF GF**  
Cabbage casserole with lingonberries **DF GF**  
Mushroom soup **LL**  
Grilled pork sirloin **LF GF**

### THURSDAY

Almond fish (Northeast and Northwest Pacific) with sour cream and dill sauce **LF**  
Devil's chicken hot pot **LF GF**  
Pea soup **DF GF** and pancake **LF**  
Grilled chicken with blue cheese **LF GF**

### FRIDAY

Helmi's homemade meatballs of game with brown sauce **LF GF**  
Chef's choice  
Spanish chorizo soup with crème fraîche **LL GF**  
Hawaiian schnitzel

### SATURDAY

Helmi's pasta carbonara **LF**  
Breaded fish (North Pacific) with Finnish sour cream sauce **LF**  
Florida chicken

### SUNDAY

Greek meat loaf **LF GF**  
Chicken Parmesan schnitzel with Ranch sauce **LF**  
Pork minute steak with seasoned butter **LF GF**

#### Buffet lunch on weekends:

Hämeenlinna Iittala, Ii, Jämsä, Kokkola Vitsari, Laitila, Laukaa Lievestuore, Muurame, Mäntsälä P, Orivesi, Parkano, Pihtipudas Putaanportti, Porvoo, Raasepori Karjaa, Rovaniemi Napapiiri, Salo Halikko, Siilinjärvi, Vantaa Ruskeasanta, Ylöjärvi, Äänekoski Hirvaskangas

**LF** Lactose-free **DF** Dairy-free **LL** Low-lactose  
**GF** Made from gluten-free ingredients\*  
Ask the staff for more information.

# LUNCH MENU

## WEEKS

6, 12, 18, 24, 30, 36, 42, 48

### MONDAY

Chicken thigh schnitzels with cream and pepper sauce **LF GF**

Stuffed cabbage rolls with lingonberries **LF GF**

Creamy salmon soup **LF GF**

Pork sirloin with béarnaise sauce **GF**

### TUESDAY

Helmi's kebab (EU) **LF GF**

Béarnaise chicken pasta

Spinach soup with boiled egg **LL**

Hawaiian chicken schnitzel

### WEDNESDAY

Macaroni casserole **LF**

Pork stew Stroganoff **LF GF**

Coconut chicken soup

Pork sirloin with onions **LF GF**

### THURSDAY

Frankfurters wrapped in bacon **LF GF**

Oven-baked Baltic herring **LL GF**

Pea soup **DF GF** and pancake **LF**

Grilled chicken with bacon **LF GF**

### FRIDAY

Helmi's homemade meatballs with brown sauce **LF GF**

Chef's choice

Sausage soup **DF GF**

Hunter's schnitzel with mushroom sauce **LF**

### SATURDAY

Fried rainbow trout (FI/SWE/NO/DK/EE) with lemon-Hollandaise sauce **GF**

Minced meat, potato and blue cheese casserole **LF GF**

Stuffed pork minute steak **LF GF**

### SUNDAY

Smoked pork neck with red onion sauce **DF GF**

Chicken wing buffet **LF GF**

Grilled chicken with béarnaise sauce **GF**

## WEEKS

1, 7, 13, 19, 25, 31, 37, 43, 49

### MONDAY

Chicken with sour cream and lemon **LF GF**

Finnish potato hash with fried eggs **DF GF**

Mexican tomato soup **LF GF**

Opera schnitzel **LF**

### TUESDAY

Helmi's sausage patties **LF**

Fish patties with tartar sauce **LF**

Minced meat soup **DF GF**

Peppered pork minute steak **LF GF**

### WEDNESDAY

Bacon and game stew (EU/NZ) **DF GF**

Ground liver patties **LF GF**

Smoked rainbow trout soup (NO) **LF GF**

Grilled pork sirloin **LF GF**

### THURSDAY

Lasagne **LL**

Fried Baltic herring fillets (Northeast Atlantic) **LF**

Pea soup **DF GF** and pancake **LF**

Grilled chicken with blue cheese **LF GF**

### FRIDAY

Helmi's homemade meatballs with pepper and cream sauce **LF GF**

Chef's choice

Wiener soup **DF GF**

Hawaiian schnitzel

### SATURDAY

Smoked salmon pasta casserole (NO) **LF**

Swiss meat loaf **LF GF**

Florida chicken

### SUNDAY

Tender pork neck with mustard sauce **LF GF**

Fish pâté with lemon-Hollandaise sauce **GF**

Pork minute steak with seasoned butter **LF GF**

## WEEKS

2, 8, 14, 20, 26, 32, 38, 44, 50

### MONDAY

Game and potato casserole (EU/NZ) with lingonberries **LF GF**

Slice of salmon slice (NO) with Helmi's homemade remoulade sauce

Curry chicken soup **LF GF**

Pork sirloin with béarnaise sauce **GF**

### TUESDAY

Burger patties à la Lindström (EU) **LF**

Pasta with salami **LF**

Creamy salmon soup **LF GF**

Hawaiian chicken schnitzel

### WEDNESDAY

Creamy taco chicken **LF GF**

Karelian stew **DF GF**

Mushroom soup **LL**

Pork sirloin with onions **LF GF**

### THURSDAY

Wiener sauce **LF GF**

Smoked salmon lasagne (FI/SWE/NO) **LF**

Pea soup **DF GF** and pancake **LF**

Grilled chicken with bacon **LF GF**

### FRIDAY

Helmi's homemade meatballs of game (FI/EU) with brown sauce **LF GF**

Chef's choice

Spanish chorizo soup with crème fraîche **LL GF**

Hunter's schnitzel with mushroom sauce **L**

### SATURDAY

Tex Mex oven-baked sausage **LF GF**

Crispy chicken with garlic yoghurt sauce **LF GF**

Stuffed pork minute steak **LF GF**

### SUNDAY

Helmi's meatloaf with brown sauce **LF GF**

Oven-baked rainbow trout (FI/SWE/NO/DK/EE) with lemon-Hollandaise sauce **GF**

Pork minute steak with seasoned butter **LF GF**

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