

## LUNCH MENU

### WEEKS 45, 51

#### MONDAY

Helmi's sausage platter LF G  
 Roasted chicken with BBQ sauce DF G  
 Creamy rainbow trout soup LF G  
 Schnitzel with fried egg LF

#### TUESDAY

Helmi's thick minced meat patties  
 with browned onions LF G  
 Chicken pasta with béarnaise sauce LF  
 Sausage soup DF G  
 Peppered pork minute steak LF G

#### WEDNESDAY

Peppery pork stew LF G  
 Breaded flounder with tartar sauce DF  
 Coconut and chicken soup DF G  
 Grilled pork steak LF G

#### THURSDAY

Roasted sausage LF G  
 Baltic herring fillets (Northeast Atlantic) LF  
 Pea soup DF G and pancake LF  
 Griddle-cooked chicken with blue cheese LF G

#### FRIDAY

Helmi's homemade meatballs with brown sauce LF G  
 Chef's choice  
 Spinach soup with boiled egg LL  
 Hawaiian schnitzel

#### SATURDAY

Fried vendace with a sauce made of dill  
 and Finnish-style sour cream LF  
 Creamy Finnish-style potato hash LF G  
 Griddle-cooked chicken with béarnaise sauce G

#### SUNDAY

Chicken bourguignon DF G  
 Breaded flounder stuffed with  
 béarnaise sauce (Northeast Atlantic)  
 Pork minute steak with seasoned butter LF G

### WEEKS 46, 52

#### MONDAY

Frankfurter sauce LF G  
 Dijon chicken LF G  
 Creamy rainbow trout soup LF G  
 Pork sirloin with béarnaise sauce G

#### TUESDAY

Meatloaf with brown sauce LF G  
 Fish gratinated with citrus fruit (The Pacific Ocean) DF  
 Minced meat soup DF G  
 Hawaiian chicken schnitzel

#### WEDNESDAY

Finnish-style potato hash with fried eggs DF G  
 Chicken in Indian-style korma sauce DF G  
 Mexican-style tomato soup LF G  
 Pork sirloin with onions LF G

#### THURSDAY

Stuffed cabbage rolls with lingonberries LF G  
 Breaded flounder stuffed with béarnaise sauce  
 (Northeast Atlantic)  
 Pea soup DF G and pancake LF  
 Griddle-cooked chicken with bacon LF G

#### FRIDAY

Helmi's homemade meatballs  
 with pepper and cream sauce LF G  
 Chef's choice  
 Frankfurter soup DF G  
 Jaeger schnitzel LF

#### SATURDAY

Creamy taco chicken LF G  
 Breaded flounder (Northwest Atlantic)  
 with tartar sauce DF  
 Stuffed pork minute steak LF G

#### SUNDAY

Swiss-style meatloaf LF G  
 Smoked salmon lasagne (Norway) LL  
 Grilled pork steak LF G

### WEEKS 47

#### MONDAY

Sausage sauce LF G  
 Chicken Kiev LF  
 Creamy rainbow trout soup LF G  
 Schnitzel with fried egg LF

#### TUESDAY

Fish & Chips (North Pacific Ocean) DF G  
 Helmi's pasta carbonara LF  
 Meat soup DF G  
 Peppered pork minute steak LF G

#### WEDNESDAY

Lasagne LL  
 Sweet 'n' sour chicken DF G  
 Smoked rainbow trout soup (Norway) LF G  
 Grilled pork steak LF G

#### THURSDAY

Sausage patties with onion LF G  
 Saithe with almonds and a sauce made  
 of dill and Finnish-style sour cream LF  
 Pea soup DF G and pancake LF  
 Griddle-cooked chicken with blue cheese LF G

#### FRIDAY

Helmi's homemade meatballs with brown sauce LF G  
 Chef's choice  
 Lentil soup with crème fraîche LF G  
 Hawaiian schnitzel

#### SATURDAY

Breaded fish stuffed with cheese (Northeast and  
 Northwest Pacific Ocean) and remoulade sauce  
 Beef bourguignon DF G  
 Griddle-cooked chicken with béarnaise sauce G

#### SUNDAY

Tender pork neck with pepper sauce LF G  
 Fried rainbow trout with lemon Hollandaise LF G  
 Pork minute steak with seasoned butter LF G

#### Buffet lunch on weekends:

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

## LUNCH MENU

### WEEKS 48

#### MONDAY

Finnish-style macaroni casserole **LF**  
 Creamy pepper chicken **LF G**  
 Creamy rainbow trout soup **LF G**  
 Pork sirloin with béarnaise sauce **G**

#### TUESDAY

Helmi's thick minced meat patties with bacon and onion sauce **LF G**  
 Spicy chicken stew **LF G**  
 Sausage soup **DF G**  
 Hawaiian chicken schnitzel

#### WEDNESDAY

Breaded flounder (Northwest Atlantic) with tartar sauce **DF**  
 Sautéed game (Sweden and New Zealand) **LF G**  
 Coconut and chicken soup **DF G**  
 Pork sirloin with onions **LF G**

#### THURSDAY

Roasted Tex-Mex sausage **LF G**  
 Smoked salmon (Norway) pasta casserole **LF**  
 Pea soup **DF G** and pancake **LF**  
 Griddle-cooked chicken with bacon **LF G**

#### FRIDAY

Helmi's homemade meatballs with brown sauce **LF G**  
 Chef's choice  
 Spinach soup with boiled egg **LL**  
 Jaeger schnitzel **LF**

#### SATURDAY

Karelian stew **DF G**  
 Fish gratinated with citrus fruit (The Pacific Ocean) **DF**  
 Stuffed pork minute steak **LF G**

#### SUNDAY

Kassler with red onion sauce **DF G**  
 Fried vendace with a sauce made of dill and Finnish-style sour cream **LF**  
 Grilled pork steak **LF G**

### WEEKS 49

#### MONDAY

Chicken with Russian-style sour cream and lemon **LF G**  
 Pork stew Stroganoff **LF G**  
 Creamy rainbow trout soup **LF G**  
 Schnitzel with fried egg **LF**

#### TUESDAY

Helmi's sausage patties **LF G**  
 Breaded flounder (Northeast Atlantic) stuffed with béarnaise sauce  
 Minced meat soup **DF G**  
 Peppered pork minute steak **LF G**

#### WEDNESDAY

Finnish-style potato hash with fried eggs **DF G**  
 Chicken pasta with béarnaise sauce **LF**  
 Mexican-style tomato soup **LF G**  
 Grilled pork steak **LF G**

#### THURSDAY

Karelian stew **DF G**  
 Fish gratinated with citrus fruit (The Pacific Ocean) **DF**  
 Pea soup **DF G** and pancake **LF**  
 Griddle-cooked chicken with blue cheese **LF G**

#### FRIDAY

Helmi's homemade meatballs with pepper and cream sauce **LF G**  
 Chef's choice  
 Frankfurter soup **DF G**  
 Hawaiian schnitzel

#### SATURDAY

Fish & chips (North Pacific Ocean) **DF G**  
 Chicken with blue cheese **LF G**  
 Griddle-cooked chicken with béarnaise sauce **G**

#### SUNDAY

Tender pork neck with mustard sauce **LF G**  
 Rainbow trout with Russian-style sour cream **LF G**  
 Pork minute steak with seasoned butter **LF G**

### WEEKS 44, 50

#### MONDAY

Chicken in Indian-style korma sauce **DF G**  
 Swedish-style beef patties with beets (EU) **LF**  
 Creamy rainbow trout soup **LF G**  
 Pork sirloin with béarnaise sauce **G**

#### TUESDAY

Breaded fish stuffed with cheese (Northeast and Northwest Pacific Ocean) and remoulade sauce  
 Helmi's kebab (EU) **LF G**  
 Meat soup **DF G**  
 Hawaiian chicken schnitzel

#### WEDNESDAY

Swiss-style meatloaf **LF G**  
 Chicken drumsticks and tzatziki **LF G**  
 Smoked rainbow trout (Norway) soup **LF G**  
 Pork sirloin with onions **LF G**

#### THURSDAY

Frankfurters wrapped in bacon **LF G**  
 Smoked salmon lasagne (Norway) **LL**  
 Pea soup **DF G** and pancake **LF**  
 Griddle-cooked chicken with bacon **LF G**

#### FRIDAY

Helmi's homemade meatballs with brown sauce **LF G**  
 Chef's choice  
 Lentil soup with crème fraîche **LF G**  
 Jaeger schnitzel **LF**

#### SATURDAY

Beef bourguignon **DF G**  
 Crisp chicken with mango and curry mayonnaise **DF G**  
 Stuffed pork minute steak **LF G**

#### SUNDAY

Greek-style meatloaf **LF G**  
 Fried rainbow trout with lemon Hollandaise **LF G**  
 Grilled pork steak **LF G**

#### Buffet lunch on weekends:

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