

LUNCH MENU

WEEKS

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

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

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

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

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

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

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

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

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

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

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

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