










# HelmiSimpukka LUNCH MENU








## WEEKS

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








### MONDAY

Helmi's sausage pan    
Burgundy chicken    
Creamy rainbow trout soup    
Schnitzel with fried egg 










### TUESDAY

Helmi's pan-fried meat patties with browned onions    
Breaded flounder (Northwest Atlantic) with cucumber mayonnaise   
Pork sausage soup    
Peppered pork minute steak  






### WEDNESDAY

Peppery pork stew    
Chicken pasta béarnaise   
Root vegetable soup    
Grilled pork steak  






### THURSDAY

Devil's chicken stew    
Finnish ham casserole    
Pea soup   and oven pancake   
Griddle-cooked chicken with Aura blue cheese  






### FRIDAY

Kebab pan    
Baltic herring patties (Northeast Atlantic) with a dill and sour cream sauce   
Spanish chorizo soup with crème fraîche    
Hawaiian schnitzel

### SATURDAY

Crispy chicken with lemon mayonnaise    
Korean BBQ pork stew    
Griddle-cooked chicken with béarnaise sauce 








### SUNDAY

Pork schnitzel's with mushroom sauce   
Rainbow trout with dill and lemon sauce    
Pork minute steak with flavoured butter  





## WEEKS

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









### MONDAY

Finnish hot dog sauce    
Dijon chicken    
Creamy rainbow trout soup    
Pork sirloin steak with béarnaise sauce 









### TUESDAY

Meat loaf with brown sauce    
Breaded flounder stuffed with béarnaise sauce (Northeast Atlantic)  
Minced meat soup    
Hawaiian chicken schnitzel






### WEDNESDAY

Karelian stew    
Herb chicken    
Goat's cheese and tomato soup with crème fraîche    
Onion pork sirloin steak  





### THURSDAY

Finnish-style potato hash with fried eggs    
Helmi's rainbow trout patties  with horseradish sauce  
Pea soup   and oven pancake   
Griddle-cooked chicken with bacon  







### FRIDAY

Traditional Helmi's meatballs    
Chef's choice  
Meat soup    
Jaeger schnitzel 

### SATURDAY

Fried vendace with dill sour cream sauce   
BBQ Ribs with coriander mayonnaise    
Oscar's schnitzel 








### SUNDAY

Slow-cooked pork shank with mustard sauce    
Oven-baked fish topped with pesto cream (Southwest Pacific)    
Grilled pork steak  








## WEEKS

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








### MONDAY

Sausage sauce    
Sweet & Sour chicken    
Creamy rainbow trout soup    
Schnitzel with fried egg 










### TUESDAY

Fish & Chips (Pacific)    
Helmi's pasta carbonara   
Pork sausage soup    
Peppered pork minute steak  





### WEDNESDAY

Chili Con Carne    
Chicken kiev with curry mayonnaise   
Root vegetable soup    
Grilled pork steak  






### THURSDAY

Sausage patties with onion    
Cold smoked salmon casserole    
Pea soup   and oven pancake   
Griddle-cooked chicken with Aura blue cheese  







### FRIDAY

Buffet chicken burger   
Lasagne   
Spanish chorizo soup with crème fraîche    
Hawaiian schnitzel





### SATURDAY

Crispy fish (Pacific) with pickle mayonnaise    
Beef stroganoff    
Griddle-cooked chicken with béarnaise sauce 

### SUNDAY

Tender pork neck with pepper sauce    
Fried rainbow trout with lemony hollandaise sauce    
Pork minute steak with flavoured butter  

The origin of meat and fish is Finland, unless otherwise stated.

 Low-lactose  Lactose-free  Dairy-free  Made from gluten-free ingredients. The product is not gluten-free. More information from the staff.

Please ask the staff for more information about the ingredients that cause allergies and intolerances.

The prices shown online are recommended prices. Check the actual prices at the station.







# HelmiSimpukka LUNCH MENU




## WEEKS

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





### MONDAY

Finnish macaroni casserole   
Chicken with Aura blue cheese   
Creamy rainbow trout soup   
Pork sirloin steak with béarnaise sauce 





### TUESDAY

Stuffed cabbage rolls  
with lingonberries   
Igor's chicken   
Minced meat soup   
Hawaiian chicken schnitzel




### WEDNESDAY

Sautéed game (NZ)   
Tuna pasta (Pacific)   
Goat's cheese and tomato soup with  
crème fraîche   
Onion pork sirloin steak 




### THURSDAY

Oven-baked Tex-Mex sausage   
Smoked salmon lasagne   
Pea soup   
Griddle-cooked chicken with bacon 




### FRIDAY

Helmi's meatballs with tomato sauce   
Chef's choice  
Meat soup   
Jaeger schnitzel 

### SATURDAY

Red pork curry   
Fried vendace with remoulade sauce   
Oscar's schnitzel 





### SUNDAY

Smoked pork kassler with  
red onion sauce   
Oven-baked fish (Southwest Pacific),  
white wine sauce and shrimp   
Grilled pork steak 





## WEEKS

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





### MONDAY

Lemony sour cream chicken   
Lindström beef patties (EU)   
Creamy rainbow trout soup   
Schnitzel with fried egg 





### TUESDAY

Traditional minced meat sauce   
Oven-baked saithe (Norwegian Sea) with  
hollandaise sauce   
Pork sausage soup   
Peppered pork minute steak 




### WEDNESDAY

Bacon wieners   
Kebab with tomato sauce   
Root vegetable soup   
Grilled pork steak 



### THURSDAY

Helmi's pan-fried patties with bacon  
and onion sauce   
Rainbow trout balls with  
remoulade sauce   
Pea soup   
Griddle-cooked chicken with Aura blue  
cheese 




### FRIDAY

Sausages and fries   
Chicken pasta béarnaise   
Spanish chorizo soup with  
crème fraîche   
Hawaiian schnitzel

### SATURDAY

Breaded flounder stuffed  
with béarnaise sauce (Northeast Atlantic)  
Peppery beef stew   
Griddle-cooked chicken with  
béarnaise sauce 





### SUNDAY

Pork schnitzels with mushroom sauce   
Rainbow trout with sour cream   
Pork minute steak with  
flavoured butter 




## WEEKS

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





### MONDAY

Spicy sesame chicken and roasted  
vegetables   
Ground liver patties with bacon and onion  
sauce and crushed lingonberries   
Creamy rainbow trout soup   
Pork sirloin steak with béarnaise sauce 





### TUESDAY

Seed-breaded fish (Northeast Atlantic)   
with horseradish sauce  
Chicken thighs with tzatziki   
Minced meat soup   
Hawaiian chicken schnitzel




### WEDNESDAY

Pork stew stroganoff   
Creamy taco chicken   
Goat's cheese and tomato soup with  
crème fraîche   
Onion pork sirloin steak 




### THURSDAY

Cabbage casserole   
Oven-baked sausage   
Pea soup   
Griddle-cooked chicken with bacon 




### FRIDAY

Helmi's meatballs with  
pepper sauce   
Chef's choice  
Meat soup   
Jaeger schnitzel 





### SATURDAY

BBQ Ribs with coriander mayonnaise   
Fried vendace with remoulade sauce   
Oscar's schnitzel 

### SUNDAY

Beef chuck roll with  
pepper cream sauce   
Oven-baked fish with  
hollandaise sauce   
Grilled pork steak 

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