



HELMISIMPUKKA'S

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 salmon soup LF G
Schnitzel with fried egg LF

TUESDAY

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

WEDNESDAY

Peppery pork stew LF G
Breaded flounder (Northwest Atlantic) with cucumber mayonnaise DF
Coconut chicken soup DF G
Grilled pork steak LF G

THURSDAY

Roasted sausage LF G
Baltic herring fillets (Northeast Atlantic) with 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
Spinach soup with boiled egg LL
Hawaii schnitzel

SATURDAY

Fried vendace with a sauce made of dill and Finnish-style sour cream LF
Steak Wallenberg (EU) and lingonberries G
Griddle-cooked chicken with béarnaise sauce LL G

SUNDAY

Chicken bourguignon DF G
Fried rainbow trout with dill and lemon sauce LF G
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 salmon soup LF G
Pork sirloin with béarnaise sauce G

TUESDAY

Meatloaf with brown sauce LF G
Fish gratinated with citrus fruit (Pacific) 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 tomato soup LF G
Pork sirloin with onions LF G

THURSDAY

Karelian stew DF G
Salmon patties and remoulade sauce LF
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
Smoked salmon lasagne (Norway) LL
Stuffed pork minute steak LF G

SUNDAY

Braised pork knuckle and mustard sauce LF G
Breaded flounder (Northwest Atlantic) with cucumber mayonnaise DF
Grilled pork steak LF G

WEEKS

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

MONDAY

Sausage sauce LF G
Chicken Kyiv with curry mayonnaise LF
Creamy salmon soup LF G
Schnitzel with fried egg LF

TUESDAY

Fish & chips (North Pacific) 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 (Northeast and Northwest Atlantic) with 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
Goulash soup (EU) and crème fraîche LF
Hawaii schnitzel

SATURDAY

Fried rainbow trout with lemon Hollandaise LF G
Beef bourguignon DF G
Griddle-cooked chicken with béarnaise sauce LL G

SUNDAY

Tender pork neck with pepper and cream sauce LF G
Cheese-stuffed breaded fish (Germany) and remoulade sauce
Pork minute steak with seasoned butter LF G

Buffet lunch on weekends:

Hämeenlinna Iittala, 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

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



HELMISIMPUKKA'S

LUNCH MENU

WEEKS

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

MONDAY

Finnish-style macaroni casserole 
Chicken with blue cheese 
Creamy salmon soup 
Pork sirloin with béarnaise sauce 





TUESDAY

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




WEDNESDAY

Breaded flounder (Northwest Atlantic) with cucumber mayonnaise 
Sautéed game (Sweden and New Zealand) 
Coconut chicken soup 
Pork sirloin with onions 

THURSDAY

Texmex sausage 
Smoked salmon pasta casserole (Norway) 
Pea soup 
Griddle-cooked chicken with bacon 

FRIDAY

Helmi's homemade meatballs with pepper and cream sauce 
Chef's choice
Spinach soup with boiled egg 
Jaeger schnitzel 

SATURDAY

Karelian stew 
Rainbow trout with sour cream 
Stuffed pork minute steak 





SUNDAY

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

WEEKS

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

MONDAY

Chicken with sour cream and lemon 
Helmi tortillas 
Creamy salmon soup 
Schnitzel with fried egg 





TUESDAY

Helmi's sausage patties 
Fish balls (Estonia) with a sauce made of dill and Finnish-style sour cream 
Minced meat soup 
Peppered pork minute steak 

WEDNESDAY

Finnish-style potato hash with fried eggs 
Béarnaise chicken pasta 
Mexican tomato soup 
Grilled pork steak 

THURSDAY

Stuffed cabbage rolls with lingonberries 
Rainbow trout and potato casserole 
Pea soup 
Griddle-cooked chicken with blue cheese 




FRIDAY

Helmi's homemade meatballs with brown sauce 
Chef's choice
Frankfurter soup 
Hawaii schnitzel

SATURDAY

Fish & chips (North Pacific) 
Creamy pepper chicken 
Griddle-cooked chicken with béarnaise sauce 

SUNDAY

Tender pork neck with mustard sauce 
Fish gratinated with citrus fruit (Pacific) 
Pork minute steak with seasoned butter 

WEEKS

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





MONDAY

Chicken in Indian-style korma sauce 
Burger patties à la Lindström (EU) 
Creamy salmon soup 
Pork sirloin with béarnaise sauce 

TUESDAY

Cheese-stuffed breaded fish (Germany) and remoulade sauce
Helmi's kebab (EU) 
Meat soup 
Hawaiian chicken schnitzel 




WEDNESDAY

Pork stew Stroganoff 
Chicken drumsticks and tzatziki 
Smoked rainbow trout soup (Norway) 
Pork sirloin with onions 

THURSDAY

Bacon-wrapped sausages 
Smoked salmon lasagne (Norway) 
Pea soup 
Griddle-cooked chicken with bacon 

FRIDAY

Helmi's homemade meatballs with pepper and cream sauce 
Chef's choice
Goulash soup (EU) and crème fraîche 
Jaeger schnitzel 

SATURDAY





Beef bourguignon 
Crisp chicken with curry mayonnaise 
Stuffed pork minute steak 

SUNDAY

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

Buffet lunch on weekends:

Hämeenlinna Iittala, 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

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