



HELMISIMPUKKA'S

LUNCH MENU

WEEKS

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

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

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

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

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

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, the product is not gluten-free
Please ask the staff for more information.

LUNCH MENU

WEEKS

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

MONDAY

Finnish-style macaroni casserole ^{LF}
 Chicken with blue cheese ^{LF G}
 Creamy salmon 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 cucumber mayonnaise ^{DF}
 Sautéed game (Sweden and New Zealand) ^{LF G}
 Coconut chicken soup ^{DF G}
 Pork sirloin with onions ^{LF G}

THURSDAY

Texmex sausage ^{LF G}
 Smoked salmon pasta casserole (Norway) ^{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
 Spinach soup with boiled egg ^{LL}
 Jaeger schnitzel ^{LF}

SATURDAY

Karelian stew ^{DF G}
 Rainbow trout with sour cream ^{LF G}
 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

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

MONDAY

Chicken with sour cream and lemon ^{LF G}
 Helmi tortillas ^{DF}
 Creamy salmon soup ^{LF G}
 Schnitzel with fried egg ^{LF}

TUESDAY

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

WEDNESDAY

Finnish-style potato hash with fried eggs ^{DF G}
 Béarnaise chicken pasta ^{LF}
 Mexican tomato soup ^{LF G}
 Grilled pork steak ^{LF G}

THURSDAY

Stuffed cabbage rolls with lingonberries ^{LF G}
 Rainbow trout and potato casserole ^{LF G}
 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
 Frankfurter soup ^{DF G}
 Hawaii schnitzel

SATURDAY

Fish & chips (North Pacific) ^{DF G}
 Creamy pepper chicken ^{LF G}
 Griddle-cooked chicken with béarnaise sauce ^G

SUNDAY

Tender pork neck with mustard sauce ^{LF G}
 Fish gratinated with citrus fruit (Pacific) ^{DF}
 Pork minute steak with seasoned butter ^{LF G}

WEEKS

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

MONDAY

Chicken in Indian-style korma sauce ^{DF G}
 Burger patties à la Lindström (EU) ^{LF}
 Creamy salmon soup ^{LF G}
 Pork sirloin with béarnaise sauce ^G

TUESDAY

Cheese-stuffed breaded fish (Germany) and remoulade sauce
 Helmi's kebab (EU) ^{LF G}
 Meat soup ^{DF G}
 Hawaiian chicken schnitzel ^{LL}

WEDNESDAY

Pork stew Stroganoff ^{LF G}
 Chicken drumsticks and tzatziki ^{LF G}
 Smoked rainbow trout soup (Norway) ^{LF G}
 Pork sirloin with onions ^{LF G}

THURSDAY

Bacon-wrapped sausages ^{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 pepper and cream sauce ^{LF G}
 Chef's choice
 Goulash soup (EU) and crème fraîche ^{LF}
 Jaeger schnitzel ^{LF}

SATURDAY

Beef bourguignon ^{DF G}
 Crisp chicken with 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 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