



# HelmiSimpukka LUNCH MENU

## WEEKS

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

### MONDAY

Helmi's sausage casserole **LF GF**  
Burgundy chicken **DF GF**  
Creamy rainbow trout soup **LF GF**  
Schnitzel with fried egg **LF**

### TUESDAY

Helmi's pan-fried meat patties with browned onions **LF GF**  
Chicken pasta béarnaise **LF**  
Pork sausage soup **DF GF**  
Peppered pork minute steak **LF GF**

### WEDNESDAY

Peppery pork stew **LF GF**  
Breaded flounder (Northwest Atlantic) with cucumber mayonnaise **DF**  
Root vegetable soup **LF GF**  
Grilled pork steak **LF GF**

### THURSDAY

Oven-baked sausage **LF GF**  
Baltic herring patties (Northeast Atlantic) with a dill and sour cream sauce **LF**  
Pea soup **DF GF** and oven pancake **LF**  
Griddle-cooked chicken with Aura blue cheese **LF GF**

### FRIDAY

Kebab casserole **LF GF**  
Finnish ham casserole **GF LF**  
Spanish chorizo soup **LF GF**  
Hawaii schnitzel

### SATURDAY

Shrimp-stuffed flounder (Northeast Pacific) with lemon mayonnaise **LL**  
Korean BBQ pork stew **DF GF**  
Griddle-cooked chicken with béarnaise sauce **GF**

### SUNDAY

Pork schnitzel (DE) with mushroom sauce **LF**  
Pan-fried rainbow trout with a dill and lemon sauce **LF GF**  
Pork minute steak with flavoured butter **LF GF**

## WEEKS

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

### MONDAY

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

### TUESDAY

Meat loaf with brown sauce **LF GF**  
Vendace patties with remoulade sauce **LF GF**  
Minced meat soup **DF GF**  
Hawaii chicken schnitzel

### WEDNESDAY

Finnish-style potato hash with fried eggs **DF GF**  
Chimichurri chicken **LF GF**  
Goat's cheese and tomato soup with crème fraîche **LF GF**  
Onion pork sirloin steak **LF GF**

### THURSDAY

Karelian stew **DF GF**  
Helmi's rainbow trout patties with horseradish sauce **LF**  
Pea soup **DF GF** and oven pancake **LF**  
Griddle-cooked chicken with bacon **LF GF**

### FRIDAY

Helmi's meatballs with mushroom sauce **LF GF**  
Chef's choice  
Meat soup **DF GF**  
Jaeger schnitzel **LF**

### SATURDAY

Fried vendace with a dill and sour cream sauce **LF**  
BBQ Ribs with coriander mayonnaise **DF GF**  
Oscar schnitzel **LF**

### SUNDAY

Pulled pork knuckle with mustard sauce **LF GF**  
Hoki fish (Southwest Pacific), white wine sauce and shrimp **LL GF**  
Grilled pork steak **LF GF**

## WEEKS

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

### MONDAY

Finnish sausage sauce **LF GF**  
Chicken Kiev with curry mayonnaise **LF**  
Creamy rainbow trout soup **LF GF**  
Schnitzel with fried egg **LF**

### TUESDAY

Helmi's fish & chips (Pacific) **DF GF**  
Bacon pasta **LF**  
Pork sausage soup **DF GF**  
Peppered pork minute steak **LF GF**

### WEDNESDAY

Lasagne **L**  
Sweet 'n sour spring chicken **DF GF**  
Root vegetable soup **LF GF**  
Grilled pork steak **LF GF**

### THURSDAY

Onion and sausage patties **LF GF**  
Tuna pasta (Pacific) **LF**  
Pea soup **DF GF** and oven pancake **LF**  
Griddle-cooked chicken with Aura blue cheese **LF GF**

### FRIDAY

Buffet chicken burger **DF**  
Chili Con Carne **DF GF**  
Spanish chorizo soup **LF GF**  
Hawaii schnitzel

### SATURDAY

Crispy chicken with lemon mayonnaise **LF GF**  
Beef stroganoff **LF GF**  
Griddle-cooked chicken with béarnaise sauce **GF**

### SUNDAY

Tender pork neck with pepper sauce **LF GF**  
Pan-fried rainbow trout with lemony hollandaise sauce **LF GF**  
Pork minute steak with flavoured butter **LF GF**

**LL** Low-lactose **LF** Lactose-free **DF** Dairy-free **GF** 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 **LF**  
Chicken with Aura blue cheese **LF GF**  
Creamy rainbow trout soup **LF GF**  
Pork sirloin steak with béarnaise sauce **GF**

**TUESDAY**

Stuffed cabbage rolls with lingonberry **LF GF**  
Rainbow trout casserole **LF GF**  
Minced meat soup **DF GF**  
Hawaii chicken schnitzel

**WEDNESDAY**

Igor's chicken **LF GF**  
Sautéed game (NZ) **LF GF**  
Goat's cheese and tomato soup with crème fraîche **LF GF**  
Onion pork sirloin steak **LF GF**

**THURSDAY**

Oven-baked Tex-Mex sausage **LF GF**  
Rainbow trout lasagne **LF**  
Pea soup **DF GF** and oven pancake **LF**  
Griddle-cooked chicken with bacon **LF GF**

**FRIDAY**

Helmi's meatballs with tomato sauce **LF GF**  
Chef's choice  
Meat soup **DF GF**  
Jaeger schnitzel **LF**

**SATURDAY**

Red pork curry **DF GF**  
Fried vendace with remoulade sauce **LF**  
Oscar schnitzel **LF**

**SUNDAY**

Smoked pork kassler with red onion sauce **DF GF**  
Hoki fish (Southwest Pacific), white wine sauce and shrimp **LL GF**  
Grilled pork steak **LF GF**

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

**MONDAY**

Lemony smetana chicken **LF GF**  
Minced meat and beetroot patties (EU) **LF**  
Creamy rainbow trout soup **LF GF**  
Schnitzel with fried egg **LF**

**TUESDAY**

Finnish cabbage casserole **LF GF**  
Devilled chicken stew **LF GF**  
Pork sausage soup **DF GF**  
Peppered pork minute steak **LF GF**

**WEDNESDAY**

Traditional minced meat sauce **LF GF**  
Chicken pasta béarnaise **LF**  
Root vegetable soup **LF GF**  
Grilled pork steak **LF GF**

**THURSDAY**

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

**FRIDAY**

Finnish sausage and potatoes **DF GF**  
Feta and vegetable casserole **LF GF**  
Spanish chorizo soup **LF GF**  
Hawaii schnitzel

**SATURDAY**

Shrimp-stuffed flounder (Northeast Pacific) with lemon mayonnaise **LL**  
Peppery beef stew **LF GF**  
Griddle-cooked chicken with béarnaise sauce **GF**

**SUNDAY**

Beef chuck roll with a peppery cream sauce **LF GF**  
Rainbow trout with smetana **LF GF**  
Pork minute steak with flavoured butter **LF GF**

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

**MONDAY**

Spicy sesame chicken and roasted vegetables **GF**  
Minced liver patties, bacon and onion sauce and lingonberry **LF GF**  
Creamy rainbow trout soup **LF GF**  
Pork sirloin steak with béarnaise sauce **GF**

**TUESDAY**

Seed-crusted fish (Northeast Atlantic) with horseradish sauce **LF**  
Chicken-oats risotto with lemon pepper sauce **LF**  
Minced meat soup **DF GF**  
Hawaii chicken schnitzel

**WEDNESDAY**

Pork stew stroganoff **LF GF**  
Chicken legs with tzatziki **LF GF**  
Goat's cheese and tomato soup with crème fraîche **LF GF**  
Onion pork sirloin steak **LF GF**

**THURSDAY**

Bacon wieners **LF GF**  
Oven-baked saithe (Norwegian Sea), white wine sauce and shrimp **LL GF**  
Pea soup **DF GF** and oven pancake **LF**  
Griddle-cooked chicken with bacon **LF GF**

**FRIDAY**

Helmi's meatballs with pepper sauce **LF**  
Chef's choice  
Meat soup **DF GF**  
Jaeger schnitzel **LF**

**SATURDAY**

BBQ Ribs with coriander mayonnaise **DF GF**  
Fried vendace with remoulade sauce **LF GF**  
Oscar schnitzel **LF**

**SUNDAY**

Pork schnitzel (DE) with mushroom sauce **LF**  
Hoki fish (Southwest Pacific), white wine sauce and shrimp **LL GF**  
Grilled pork steak **LF GF**

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