














HelmiSimpukka lunch menu

WEEKS
6, 10, 14, 18, 22, 26, 30, 34, 38, 42, 46, 50









MONDAY

Teriyaki chicken  
Oven-baked sausage  
Creamy rainbow trout soup  
Pork sirloin steak with béarnaise sauce 










TUESDAY

Finnish Potato hash with fried eggs  
Creamy taco chicken  
Sausage soup  
Hawaiian chicken schnitzel





WEDNESDAY

Cold-smoked salmon and potato casserole  
Helmi's meat patties & bacon-onion sauce  
Spanish chorizo soup  
Pork sirloin steak with sautéed onions  





THURSDAY

Sausage patties with sautéed onions  
Lemony sour cream chicken  
Pea soup   and pancake 
Griddled chicken with bacon  






FRIDAY

Spicy sesame chicken and roasted veggies 
Chef's choice
Frankfurter soup  
Jaeger schnitzel 

SATURDAY








Meatloaf with creamy brown sauce  
Breaded flounder stuffed with béarnaise sauce (Pacific Ocean)
Griddled chicken with Aura blue cheese  

SUNDAY








Chicken Kiev and curry mayonnaise 
Rainbow trout with sour cream  
Griddled pork steak  

WEEKS
7, 11, 15, 19, 23, 27, 31, 35, 39, 43, 47, 51









MONDAY

Chimichurri chicken  
Peppery pork stew  
Creamy rainbow trout soup  
Opera schnitzel 










TUESDAY

Crispy fish and pickle mayo (Pacific Ocean)  
Pasta carbonara á la HelmiSimpukka 
Sausage soup  
Pork minute steak with pepper sauce  






WEDNESDAY

Helmi's meat patties & sautéed onions  
Aura blue cheese chicken  
Spanish chorizo soup  
Griddled pork steak  





THURSDAY

Frankfurter sauce  
Chicken Dijon  
Pea soup   and pancake 
Griddled chicken with Aura blue cheese  







FRIDAY

Helmi's meatballs & creamy pepper sauce  
Chicken pasta béarnaise 
Frankfurter soup  
Hawaiian schnitzel

SATURDAY







Bacon sausages  
Smoked salmon lasagna 
Griddled chicken with béarnaise sauce 

SUNDAY







Pork Stroganoff stew  
Fried rainbow trout with dill-lemon sauce  
Pork minute steak with flavoured butter  

WEEKS
8, 12, 16, 20, 24, 28, 32, 36, 40, 44, 48, 52








MONDAY

Creamy pesto chicken  
Macaroni casserole 
Creamy rainbow trout soup  
Pork sirloin steak with béarnaise sauce 









TUESDAY

Cabbage rolls & lingonberry  
Chicken stew á la Igor  
Sausage soup  
Hawaiian chicken schnitzel






WEDNESDAY

Helmi's meat patties & bacon-onion sauce  
Tuna pasta bake (Pacific Ocean) 
Spanish chorizo soup  
Pork sirloin steak with sautéed onions  







THURSDAY

Teriyaki chicken  
Lasagna 
Pea soup   and pancake 
Griddled chicken with bacon  







FRIDAY

Lemony sour cream chicken  
Chef's choice
Frankfurter soup  
Jaeger schnitzel 

SATURDAY







Frankfurter sauce  
Fried rainbow trout with lemony hollandaise sauce  
Griddled chicken with Aura blue cheese  

SUNDAY







Chimichurri Chicken  
Meatloaf with creamy brown sauce  
Griddled pork steak  

WEEKS
9, 13, 17, 21, 25, 29, 33, 37, 41, 45, 49








MONDAY

Sausage sauce  
Chicken pasta béarnaise 
Creamy rainbow trout soup  
Opera schnitzel 









TUESDAY

Devil's chicken stew  
Breaded flounder stuffed with béarnaise sauce (Pacific Ocean)
Sausage soup  
Pork minute steak with pepper sauce  







WEDNESDAY

Helmi's meat patties with sautéed onions  
Smoked salmon lasagna 
Spanish chorizo soup  
Griddled pork steak  






THURSDAY

Pork Stroganoff stew  
Chicken Kiev and curry mayonnaise 
Pea soup   and pancake 
Griddled chicken with Aura blue cheese  







FRIDAY





Helmi's meatballs in creamy brown sauce  
Sweet & Sour chicken  
Frankfurter soup  
Hawaiian schnitzel

SATURDAY

Peppery pork stew  
Crispy fish and pickle mayo (Pacific Ocean)  
Griddled chicken with béarnaise sauce 

SUNDAY

Helmi's sausage pan  
Rainbow trout with pesto cream  
Pork minute steak with flavoured butter  

 Low-lactose  Lactose-free  Dairy-free  Made from gluten-free ingredients. The product is not gluten-free. More information from the staff. **The origin of meat and fish is Finland, unless otherwise stated.**

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.

