

HelmiSimpukka lunch menu

WEEKS 6, 10, 14, 18, 22, 26, 30, 34, 38, 42, 46, 50	WEEKS 7, 11, 15, 19, 23, 27, 31, 35, 39, 43, 47, 51	WEEKS 8, 12, 16, 20, 24, 28, 32, 36, 40, 44, 48, 52	WEEKS 9, 13, 17, 21, 25, 29, 33, 37, 41, 45, 49
MONDAY Teriyaki chicken Oven-baked sausage Creamy rainbow trout soup Pork sirloin steak with béarnaise sauce	MONDAY Chimichurri chicken Peppery pork stew Creamy rainbow trout soup Opera schnitzel	MONDAY Creamy pesto chicken Macaroni casserole Creamy rainbow trout soup Pork sirloin steak with béarnaise sauce	MONDAY Sausage sauce Chicken pasta béarnaise Creamy rainbow trout soup Opera schnitzel
TUESDAY Finnish Potato hash with fried eggs Creamy taco chicken Sausage soup Hawaiian chicken schnitzel	TUESDAY Crispy fish and pickle mayo (Pacific Ocean) Pasta carbonara á la HelmiSimpukka Sausage soup Pork minute steak with pepper sauce	TUESDAY Cabbage rolls & lingonberry Chicken stew á la Igor Sausage soup Hawaiian chicken schnitzel	TUESDAY Devil's chicken stew Breaded flounder stuffed with béarnaise sauce (Pacific Ocean) Sausage soup Pork minute steak with pepper sauce
WEDNESDAY Cold-smoked salmon and potato casserole Helmi's meat patties & bacon-onion sauce Spanish chorizo soup Pork sirloin steak with sautéed onions	WEDNESDAY Helmi's meat patties & sautéed onions Aura blue cheese chicken Spanish chorizo soup Griddled pork steak	WEDNESDAY Helmi's meat patties & bacon-onion sauce Tuna pasta bake (Pacific Ocean) Spanish chorizo soup Pork sirloin steak with sautéed onions	WEDNESDAY Helmi's meat patties with sautéed onions Smoked salmon lasagna Spanish chorizo soup Griddled pork steak
THURSDAY Sausage patties with sautéed onions Lemony sour cream chicken Pea soup and pancake Griddled chicken with bacon	THURSDAY Frankfurter sauce Chicken Dijon Pea soup and pancake Griddled chicken with Aura blue cheese	THURSDAY Teriyaki chicken Lasagna Pea soup and pancake Griddled chicken with bacon	THURSDAY Pork Stroganoff stew Chicken Kiev and curry mayonnaise Pea soup and pancake Griddled chicken with Aura blue cheese
FRIDAY Spicy sesame chicken and roasted veggies Chef's choice Frankfurter soup Jaeger schnitzel	FRIDAY Helmi's meatballs & creamy pepper sauce Chicken pasta béarnaise Frankfurter soup Hawaiian schnitzel	FRIDAY Lemony sour cream chicken Chef's choice Frankfurter soup Jaeger schnitzel	FRIDAY Helmi's meatballs in creamy brown sauce Sweet & Sour chicken Frankfurter soup Hawaiian schnitzel
SATURDAY Meatloaf with creamy brown sauce Breaded flounder stuffed with béarnaise sauce (Pacific Ocean) Griddled chicken with Aura blue cheese	SATURDAY Bacon sausages Smoked salmon lasagna Griddled chicken with béarnaise sauce	SATURDAY Frankfurter sauce Fried rainbow trout with lemony hollandaise sauce Griddled chicken with Aura blue cheese	SATURDAY Peppery pork stew Crispy fish and pickle mayo (Pacific Ocean) Griddled chicken with béarnaise sauce
SUNDAY Chicken Kiev and curry mayonnaise Rainbow trout with sour cream Griddled pork steak	SUNDAY Pork Stroganoff stew Fried rainbow trout with dill-lemon sauce Pork minute steak with flavoured butter	SUNDAY Chimichurri Chicken Meatloaf with creamy brown sauce Griddled pork steak	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.

