

HelmiSimpukka lunch menu

WEEKS 37, 41, 45, 49, 1, 5

MONDAY

Sausage sauce  
Roasted chicken and crunchy garlic chili oil 
Creamy rainbow trout soup  
Opera schnitzel 

TUESDAY

Meatloaf in peppery cream sauce  
Limonello chicken pasta 
Creamy chicken curry soup  
Pork minute steak  

WEDNESDAY

Breaded flounder (Pacific Ocean) stuffed with béarnaise sauce
Pork Stroganoff  
Beef soup  
Griddled chicken with Aura blue cheese  

THURSDAY

Chicken Kiev and curry mayonnaise 
Meat sauce  
Pea soup   and pancake 
Peppery pork minute steak  

FRIDAY

Helmi's meatballs in brown sauce  
Creamy chicken with taco seasoning  
Frankfurter soup  
Hawaiian schnitzel

SATURDAY

Peppery pork stew  
Breaded flounder (Pacific Ocean) and tartar sauce 
Griddled chicken with béarnaise sauce 

SUNDAY

Marry me chicken  
Rainbow trout with pesto cream  
Pork minute steak with compound butter  

WEEKS 38, 42, 46, 50, 2

MONDAY

Oven-baked sausage  
Teriyaki chicken  
Beef soup  
Pork sirloin steak with sautéed onions  

TUESDAY

Kebab skillet  
Devil's chicken stew  
Creamy rainbow trout soup  
Pork sirloin steak with béarnaise sauce 

WEDNESDAY

Helmi's meat patties & bacon-onion sauce  
Crispy fish (Pacific Ocean) in dill sour cream sauce  
Sausage soup  
Griddled chicken and bacon  

THURSDAY

Sour cream chicken  
Potato sausage hash and fried eggs  
Pea soup   and pancake 
Jaeger schnitzel 

FRIDAY

Pasta carbonara 
Chef's choice
Frankfurter soup  
Hawaiian chicken schnitzel

SATURDAY

Pork neck steak in pepper sauce  
Breaded flounder (Pacific Ocean) stuffed with Béarnaise sauce
Griddled chicken with Aura blue cheese  

SUNDAY

Meatloaf in peppery cream sauce  
Rainbow trout with sour cream  
Griddled pork steak  

WEEKS 39, 43, 47, 51, 3

MONDAY

Frankfurter sauce  
Dijon chicken  
Creamy rainbow trout soup  
Opera schnitzel 

TUESDAY

Lasagna 
Spicy kebab stew  
Creamy chicken curry soup  
Griddled chicken with Aura blue cheese  

WEDNESDAY

Breaded flounder (Pacific Ocean) in dill sour cream sauce 
Bacon wrapped sausages  
Beef soup  
Peppery pork minute steak  

THURSDAY

Peppery pork stew  
Herb chicken  
Pea soup   and pancake 
Griddled pork steak  

FRIDAY

Helmi's meatballs in brown sauce  
Rainbow trout patties and tartar sauce  
Frankfurter soup  
Hawaiian schnitzel

SATURDAY

Mediterranean chicken  
Helmi's burger patties in pepper sauce  
Pork minute steak with compound butter  

SUNDAY

Pork Stroganoff stew  
Fried rainbow trout in dill-lemon sauce  
Griddled chicken with béarnaise sauce 

WEEKS 40, 44, 48, 52, 4

MONDAY

Creamy pesto chicken  
Cabbage rolls with lingonberry  
Beef soup  
Pork sirloin steak with béarnaise sauce 

TUESDAY

Macaroni casserole 
Kebab in tomato sauce  
Creamy rainbow trout soup  
Griddled chicken with bacon  

WEDNESDAY

Meatloaf in brown sauce  
Crispy fish (Pacific Ocean) and tartar mayonnaise  
Sausage soup  
Hawaiian chicken schnitzel

THURSDAY

Onion sausage patties  
Chicken with curry seasoning  
Pea soup   and pancake 
Pork sirloin steak with sautéed onions  

FRIDAY

Crispy chicken and curry mayonnaise  
Chef's choice
Frankfurter soup  
Jaeger schnitzel 

SATURDAY

Fried rainbow trout with lemony hollandaise sauce  
Igor's creamy paprika chicken  
Griddled chicken with Aura blue cheese  

SUNDAY

Helmi's meat patties in brown sauce  
Chicken Kiev and curry mayonnaise 
Griddled pork steak  

 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.

