



# HelmiSimpukka LUNCH MENU

## WEEKS 43, 49

### 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 44, 50

### 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 45, 51

### 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.  
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# HelmiSimpukka LUNCH MENU

**WEEKS**  
**46, 52**

**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**  
**41, 47**

**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**  
**42, 48**

**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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