



HelmiSimpukka LUNCH MENU

WEEK 1

MONDAY

Sausage sauce **LF** **GF**
Sweet & Sour chicken **DF** **GF**
Creamy rainbow trout soup **LF** **GF**
Schnitzel with fried egg **LF**

TUESDAY

Fish & Chips (Pacific) **DF** **GF**
Helmi's pasta carbonara **LF**
Pork sausage soup **DF** **GF**
Peppered pork minute steak **LF** **GF**

WEDNESDAY

Chili Con Carne **DF** **GF**
Chicken kiev with curry mayonnaise **LF**
Root vegetable soup **LF** **GF**
Grilled pork steak **LF** **GF**

THURSDAY

Sausage patties with onion **LF** **GF**
Cold smoked salmon casserole **LF** **GF**
Pea soup **DF** **GF** and oven pancake **LF**
Griddle-cooked chicken with Aura blue cheese **LF** **GF**

FRIDAY

Buffet chicken burger **DF**
Lasagne **LF**
Spanish chorizo soup with crème fraîche **LL** **GF**
Hawaiian schnitzel

SATURDAY

Crispy fish (Pacific) with pickle mayonnaise **DF** **GF**
Beef stroganoff **LF** **GF**
Griddle-cooked chicken with béarnaise sauce **GF**

SUNDAY

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

WEEK 2

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 lingonberries **LF** **GF**
Igor's chicken **LF** **GF**
Minced meat soup **DF** **GF**
Hawaiian chicken schnitzel

WEDNESDAY

Sautéed game (NZ) **LF** **GF**
Tuna pasta (Pacific) **LF**
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**
Smoked salmon 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's schnitzel **LF**

SUNDAY

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

WEEK 3

MONDAY

Lemony sour cream chicken **LF** **GF**
Lindström beef patties (EU) **LF**
Creamy rainbow trout soup **LF** **GF**
Schnitzel with fried egg **LF**

TUESDAY

Traditional minced meat sauce **LF** **GF**
Oven-baked saithe (Norwegian Sea) with hollandaise sauce **DF** **GF**
Pork sausage soup **DF** **GF**
Peppered pork minute steak **LF** **GF**

WEDNESDAY

Bacon wieners **LF** **GF**
Kebab with tomato sauce **LF** **GF**
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

Sausages and fries **DF** **GF**
Chicken pasta béarnaise **LF**
Spanish chorizo soup with crème fraîche **LL** **GF**
Hawaiian schnitzel

SATURDAY

Breaded flounder stuffed with béarnaise sauce (Northeast Atlantic)
Peppery beef stew **LF** **GF**
Griddle-cooked chicken with béarnaise sauce **GF**

SUNDAY

Pork schnitzels with mushroom sauce **LF**
Rainbow trout with sour cream **LF** **GF**
Pork minute steak with flavoured butter **LF** **GF**

The origin of meat and fish is Finland, unless otherwise stated.

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

WEEK 4

MONDAY

Spicy sesame chicken and roasted vegetables **DF**
Ground liver patties with bacon and onion sauce and crushed lingonberries **LF GF**
Creamy rainbow trout soup **LF GF**
Pork sirloin steak with béarnaise sauce **GF**

TUESDAY

Seed-breaded fish (Northeast Atlantic) **DF** with horseradish sauce
Chicken thighs with tzatziki **LF GF**
Minced meat soup **DF GF**
Hawaiian chicken schnitzel

WEDNESDAY

Pork stew stroganoff **LF GF**
Creamy taco chicken **LF GF**
Goat's cheese and tomato soup with crème fraîche **LF GF**
Onion pork sirloin steak **LF GF**

THURSDAY

Cabbage casserole **LF GF**
Oven-baked sausage **LF GF**
Pea soup **DF GF** and oven pancake **LF**
Griddle-cooked chicken with bacon **LF GF**

FRIDAY

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

SATURDAY

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

SUNDAY

Beef chuck roll with pepper cream sauce **LF GF**
Oven-baked fish with hollandaise sauce **DF GF**
Grilled pork steak **LF GF**

WEEK 5

MONDAY

Helmi's sausage pan **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**
Breaded flounder (Northwest Atlantic) with cucumber mayonnaise **DF**
Pork sausage soup **DF GF**
Peppered pork minute steak **LF GF**

WEDNESDAY

Peppery pork stew **LF GF**
Chicken pasta béarnaise **LF**
Root vegetable soup **LF GF**
Grilled pork steak **LF GF**

THURSDAY

Devil's chicken stew **LF GF**
Finnish ham casserole **GF LF**
Pea soup **DF GF** and oven pancake **LF**
Griddle-cooked chicken with Aura blue cheese **LF GF**

FRIDAY

Kebab pan **LF GF**
Baltic herring patties (Northeast Atlantic) with a dill and sour cream sauce **LF**
Spanish chorizo soup with crème fraîche **LL GF**
Hawaiian schnitzel

SATURDAY

Crispy chicken with lemon mayonnaise **DF GF**
Korean BBQ pork stew **DF GF**
Griddle-cooked chicken with béarnaise sauce **GF**

SUNDAY

Pork schnitzel's with mushroom sauce **LF**
Rainbow trout with dill and lemon sauce **LF GF**
Pork minute steak with flavoured butter **LF GF**

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