



HELMISIMPUKKA'S

LUNCH MENU

WEEKS

3, 9, 15, 21, 27, 33, 39, 45, 51

MONDAY

Helmi's sausage platter **LF GF**
Roasted chicken with BBQ sauce **DF GF**
Creamy salmon soup **LF GF**
Opera schnitzel **LF**

TUESDAY

Helmi's thick minced meat patties with browned onions **LF GF**
Béarnaise chicken pasta
Spinach soup with boiled egg **LL**
Peppered pork minute steak **LF GF**

WEDNESDAY

Peppery pork stew **LF GF**
Breaded flounder (Northwest Atlantic) with tartar sauce **LF**
Coconut and chicken soup **DF GF**
Grilled pork sirloin **LF GF**

THURSDAY

Oven-baked sausage **LF GF**
Smoked salmon and potato casserole (NO) **LF GF**
Pea soup **DF GF** and pancake **LF**
Grilled chicken with blue cheese **LF GF**

FRIDAY

Helmi's homemade meatballs with brown sauce **LF GF**
Chef's choice
Sausage soup **DF GF**
Hawaiian schnitzel

SATURDAY

Fish patties with tartar sauce **LF**
Lasagne **LL**
Florida chicken

SUNDAY

Fruity curry chicken **LF GF**
Helmi's kebab (EU) with garlic sauce **DF GF LF**
Pork minute steak with seasoned butter **LF GF**

WEEKS

4, 10, 16, 22, 28, 34, 40, 46, 52

MONDAY

Minced meat sauce **LF GF**
Dijon chicken **LF GF**
Mexican tomato soup **LF GF**
Pork sirloin with béarnaise sauce **GF**

TUESDAY

Finnish potato hash with fried eggs **DF GF**
Spinach pancakes with lingonberries **DF GF**
Minced meat soup **DF GF**
Hawaiian chicken schnitzel

WEDNESDAY

Meatloaf with brown sauce **LF GF**
Chicken Kiev **LF**
Smoked rainbow trout soup (NO) **LF GF**
Pork sirloin with onions **LF GF**

THURSDAY

Oven-baked salmon (FI/SWE/NO/DK/EE) with sour cream and dill sauce **LF GF**
Sausage patties with onion **LF GF**
Pea soup **DF GF** and pancake **LF**
Grilled chicken with blue cheese **LF GF**

FRIDAY

Helmi's homemade meatballs with pepper and cream sauce **LF GF**
Chef's choice
Wiener soup **DF GF**
Hunter's schnitzel with mushroom sauce **LF**

SATURDAY

Salami and potato casserole **LF GF**
Coq au vin **DF GF**
Stuffed pork minute steak **LF GF**

SUNDAY

Tender pork neck with pepper sauce **LF GF**
Salmon lasagne (FI/SWE/NO) **LF**
Grilled chicken with béarnaise sauce **GF**

WEEKS

5, 11, 17, 23, 29, 35, 41, 47

MONDAY

Sausage sauce **LF GF**
Helmi's fish & chips (North Pacific) **DF GF**
Curry chicken soup **LF GF**
Opera schnitzel **LF**

TUESDAY

Helmi's thick minced meat patties with onion-bacon sauce **LF GF**
Sweet 'n' sour chicken **DF GF**
Creamy salmon soup **LF GF**
Peppered pork minute steak **LF GF**

WEDNESDAY

Karelian stew **DF GF**
Cabbage casserole with lingonberries **DF GF**
Mushroom soup **LL**
Grilled pork sirloin **LF GF**

THURSDAY

Rainbow trout in Russian-style sour cream (FI/SWE/NO/DK/EE) **LF GF**
Devil's chicken hot pot **LF GF**
Pea soup **DF GF** and pancake **LF**
Grilled chicken with blue cheese **LF GF**

FRIDAY

Helmi's homemade meatballs of game with brown sauce **LF GF**
Chef's choice
Spanish chorizo soup with crème fraîche **LL GF**
Hawaiian schnitzel

SATURDAY

Helmi's pasta carbonara **LF**
Breaded fish (North Pacific) with Finnish sour cream sauce **LF**
Florida chicken

SUNDAY

Greek meat loaf **LF GF**
Chicken Parmesan schnitzel with Ranch sauce **LF**
Pork minute steak with seasoned butter **LF GF**

Buffet lunch on weekends:

Hämeenlinna Iittala, Ii, Jämsä, Kokkola Vitsari, Laitila, Laukaa Lievestuore, Muurame, Mäntsälä P, Orivesi, Parkano, Pihlpuudas Putaanportti, Porvoo, Raasepori Karjaa, Rovaniemi Napapiiri, Sato Halikko, Siilinjärvi, Vantaa Ruskeasanta, Ylöjärvi, Äänekoski Hirvaskangas

LF Lactose-free **DF** Dairy-free **LL** Low-lactose
GF Made from gluten-free ingredients*
Ask the staff for more information.



HELMISIMPUKKA'S

LUNCH MENU

WEEKS

6, 12, 18, 24, 30, 36, 42, 48

MONDAY

Chicken thigh schnitzels with cream and pepper sauce **LF GF**

Stuffed cabbage rolls with lingonberries **LF GF**

Creamy salmon soup **LF GF**

Pork sirloin with béarnaise sauce **GF**

TUESDAY

Helmi's kebab (EU) **LF GF**

Béarnaise chicken pasta

Spinach soup with boiled egg **LL**

Hawaiian chicken schnitzel

WEDNESDAY

Macaroni casserole **LF**

Pork stew Stroganoff **LF GF**

Coconut chicken soup

Pork sirloin with onions **LF GF**

THURSDAY

Frankfurters wrapped in bacon **LF GF**

Oven-baked Baltic herring **LL GF**

Pea soup **GF GF** and pancake **LF**

Grilled chicken with bacon **LF GF**

FRIDAY

Helmi's homemade meatballs with brown sauce **LF GF**

Chef's choice

Sausage soup **GF GF**

Hunter's schnitzel with mushroom sauce **LF**

SATURDAY

Fried rainbow trout (FI/SWE/NO/DK/EE) with lemon-Hollandaise sauce **GF**

Minced meat, potato and blue cheese casserole **LF GF**

Stuffed pork minute steak **LF GF**

SUNDAY

Smoked pork neck with red onion sauce **GF GF**

Chicken wing buffet **LF GF**

Grilled chicken with béarnaise sauce **GF**

WEEKS

1, 7, 13, 19, 25, 31, 37, 43, 49

MONDAY

Chicken with sour cream and lemon **LF GF**

Finnish potato hash with fried eggs **GF GF**

Mexican tomato soup **LF GF**

Opera schnitzel **LF**

TUESDAY

Helmi's sausage patties **LF**

Fish patties with tartar sauce **LF**

Minced meat soup **GF GF**

Peppered pork minute steak **LF GF**

WEDNESDAY

Bacon and game stew (EU/NZ) **GF GF**

Ground liver patties **LF GF**

Smoked rainbow trout soup (NO) **LF GF**

Grilled pork sirloin **LF GF**

THURSDAY

Lasagne **LL**

Fried Baltic herring fillets (Northeast Atlantic) **LF**

Pea soup **GF GF** and pancake **LF**

Grilled chicken with blue cheese **LF GF**

FRIDAY

Helmi's homemade meatballs with pepper and cream sauce **LF GF**

Chef's choice

Wiener soup **GF GF**

Hawaiian schnitzel

SATURDAY

Smoked salmon pasta casserole (NO) **LF**

Swiss meat loaf **LF GF**

Florida chicken

SUNDAY

Tender pork neck with mustard sauce **LF GF**

Fish pâté with lemon-Hollandaise sauce **GF**

Pork minute steak with seasoned butter **LF GF**

WEEKS

2, 8, 14, 20, 26, 32, 38, 44, 50

MONDAY

Game and potato casserole (EU/NZ) with lingonberries **LF GF**

Slice of salmon slice (NO) with Helmi's homemade remoulade sauce

Curry chicken soup **LF GF**

Pork sirloin with béarnaise sauce **GF**

TUESDAY

Burger patties à la Lindström (EU) **LF**

Pasta with salami **LF**

Creamy salmon soup **LF GF**

Hawaiian chicken schnitzel

WEDNESDAY

Creamy taco chicken **LF GF**

Karelian stew **GF GF**

Mushroom soup **LL**

Pork sirloin with onions **LF GF**

THURSDAY

Wiener sauce **LF GF**

Smoked salmon lasagne (FI/SWE/NO) **LF**

Pea soup **GF GF** and pancake **LF**

Grilled chicken with bacon **LF GF**

FRIDAY

Helmi's homemade meatballs of game (FI/EU) with brown sauce **LF GF**

Chef's choice

Spanish chorizo soup with crème fraîche **LL GF**

Hunter's schnitzel with mushroom sauce **L**

SATURDAY

Tex Mex oven-baked sausage **LF GF**

Crispy chicken with garlic yoghurt sauce **LF GF**

Stuffed pork minute steak **LF GF**

SUNDAY

Helmi's meatloaf with brown sauce **LF GF**

Oven-baked rainbow trout (FI/SWE/NO/DK/EE) with lemon-Hollandaise sauce **GF**

Grilled chicken with béarnaise sauce **GF**

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