

Autumn 2018	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK	Sausage sauce	Spinach pancakes	Salmon lasagnette	Beef soup	Chicken wok
32 38 44 50	Soy frankfurter sauce	Broccoli puree soup	Vegetable-chickpea pasta casserole	Tofu-vegetable soup Fruit salad	Vegetable wok
33 39 45 51	Meatballs Vegetable croquettes	Chicken-pasta casserole Vegetable lasagnette	Vegetable tortillas Sweet potato puree soup	Saithe soup Vegetable soup Smoothie, pear	Chicken in curry sauce Quorn, curry sauce
34 40 46 52	Chicken-tomato sauce Tomato-bean sauce	Minced meat-potato moussaka Vegetable casserole	Oven sausage Tofu frankfurters	Barley porridge Carrot puree soup	Saithe, leek Quorn sauce, traditional
35 41 47	Vegetable-soybean-noodle casserole Chickpea stew	Salmon casserole Lentil-potato casserole	Chicken-sweet potato patties Falafel	Minced meat-vegetable soup Vegetable soup Yogurt, berry mix	Pork stew, with mustard Vegetable curry, tofu-coconut
36 42 48	Fish patties Vegetable patties, beetroot	Minced meat-macaroni casserole Soy-macaroni casserole	Vegetable lasagnette, bean Tomato-soy sauce	Frankfurter-vegetable soup Soy frankfurter soup Chocolate mousse	Chicken-smetana sauce Vegetable chili
37 43 49	Minced meat sauce, bolognese Vegetable bolognese	Chicken casserole Vegetable casserole, Greek style	Saithe, lemon crusted Vegetable patties, oat-fava bean	Chicken-vegetable soup Root vegetable puree soup Banana quark	Potato-bean casserole Lentil-vegetable sauce

Amica Sirkkala
Sirkkala campus
Sirkkalantie 12 A, 80100 Joensuu
sirkkala@amica.fi

Changes to the menu are possible. The daily menu can be found at the restaurant's buffet line.

VL = Low lactose L = Lactose free G = Gluten free M = Milk free * = Healthy choice
A = Contains allergens Veg = Vegan VS = Contains fresh garlic