

10/26/2026 - 10/30/2026

Monday	Lunch	*Beef in red wine LL, L, G
	Lunch2	Noodle and ham wok LL, L, G, NO-MILK
	Soup lunch	Salmon solyanka LL, L, G
	Vegetarian lunch	Mashed vegetable soup LL, L, VEGAN, NO-MILK
	Dessert	Yogurt G
Tuesday	Lunch	*Pan-fried chicken cutlets with choron sauce
	Lunch2	*Meatballs LL, L, NO-MILK Brown sauce LL, L, NO-MILK
	Soup lunch	Frankfurter soup LL, L, G, NO-MILK
	Vegetarian lunch	Noodle Wok LL, L, G, VEGAN, NO-MILK
	Dessert	Traditional Finnish Berry Trifle LL, L
Wednesday	Lunch	Florida style cutlet Béarnaise sauce
	Soup lunch	Chicken noodle soup LL, L, G
	Vegetarian lunch	Mexican vegetable steak LL, L, G, VEGAN, NO-MILK Spicy mango sauce LL, L, VEGAN, NO-MILK
	Dessert	Fruit Cocktail with Vanilla Custard LL, L, G
Thursday	Lunch	*Indian butter chicken LL, L
	Lunch2	Texmex-jauhelihapata LL, L, G, NO-MILK
	Soup lunch	Pork-pea soup LL, L, NO-MILK
	Vegetarian lunch	Pea soup LL, L, VEGAN, NO-MILK
	Dessert	Pancakes Strawberry jam LL, L, G, NO-MILK
Friday	Lunch	*Omena-possun poskea LL, L, G
	Lunch2	*Chilli fish LL, L, NO-MILK Chilli sauce LL, L, G
	Soup lunch	Creamy Ham and Blue Cheese Soup LL, L, G
	Vegetarian lunch	Cauliflower Wings LL, L, G, VEGAN, NO-MILK Curry Sauce, vegan LL, L, VEGAN, NO-MILK
	Dessert	Vanilla Quark with Berries LL, L, G

Helge will be closed on Saturday 31.10.2026

LL=low lactose L=lactose free G=gluten free

Lunch is available on weekdays from 9.00 - 13.00. * marked available 9.00 - 17.00

Lunch served on Saturday 9.00 - 13.00

Picadeli salad bar open on weekdays 7.00 - 22.00

Special diets are usually prepared from lunch 1 LL, L, G

