



Wednesday 24.04.

From our favorites 1

Beef stir-fry with hoisin sauce and basmati rice

M 

From our favorites from field

Falafels, quinoa tabbouleh and hummus

G, M 

Soup from the garden

Beetroot soup

G, L 

From the kitchen

Shrimp poke bowl

G, M

From our bakery

Marianne mousse

G, VL 

From the garden

From the garden: Turkey omelette (G,L, basil) Pesto chicken (G,L,nut,milk)

L

Muutokset ruokalistoilla ja tuoteselosteissa mahdollisia. Henkilökunta auttaa mielellään ruoka-aineallergioihin liittyvissä asioissa.
Changes in menus and list of ingredients are possible. Our staff is always ready to help you if you have any questions concerning allergies.

G Gluteeniton | Gluten free **L** Laktoositon | Lactose-free **M** Maidoton | Milk-free **VL** Vähälaktoosinen | Low-lactose

 ≤ 0,5 kg CO₂ e  Parempi valinta
Healthy choice  Vegaaninen
Vegan  Opiskelija-ruokailusuos.
Recommended student meal  Sisältää porsaanlihaa
Including pork    Lihan alkuperämaa Suomi / EU / muu
The country of meat origin: Finnish / EU / non-EU