Menu 29.04. - 05.05.

Monday

Organic bean and walnut tagine with potatoes	G, M	
Meatballs in Arrabiatta sauce 8 pcs/portion	M	
Lemon chicken 1 pc/portion	G, L	
Pureed ginger & carrot soup (portion inc 2 napas and side salad)	G, M	
Napas	G, M	
Tomato & mozzarella baguette	VL	
Tuna salad	G, M	
Marianne mousse	L	
Cheeseburger with fries - ATT! also chicken and halloum burger available	L	
Vegan burger with fries	M	
Kebab, tomato sauce, garlic yogurt and fries	G, L	

Tuesday

Tortillas with Vebab filling 2 pcs/portion, mango salsa and rice G*	M	
Smoked salmon pasta	L	
Chicken nuggets 8 pcs/portion, apple & curry mayo and roasted potatoes G*	M	
Vegetable borsch soup and soy gurt (portion inc 2 napas and side salad)	G, M	
Napas	G, M	
Curry chicken baguette	M	
Greek salad	G, L	
Mead and doughnut		
Cheeseburger with fries	L	
Vegan burger with fries	M	
Slow cooked pork belly, BBQ sauce, sautèed onions and peppers and roasted potatoes	L	

Thursday

Spicy lentil stew, cilantro-soy gurt and roasted potato and sweet potato wedges	G, M	
Breaded flounder 1 pc/portion, horseradish sour cream sauce and mashed potatoes G*	L	
Selection of lunch dishes: meat balls in Arrabiatta sauce (M), lemon chicken (G,L), smoked salmon pasta casserole (L)		
Spicy lentil soup (portion inc 2 napas and side salad)	G, M	
Napas	G, M	
Tuna baguette	M	
Salad with goat`s cheese-punajuuri and pesto	VL	
Blueberry quark	G, L	
Cheeseburger with fries	L	
Vegan burger with fries	M	
Sausage and chips	G, M	

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

Friday

Chili roasted butternut pumpkin, organic beans and rice, hummus made of organic chickpeas and roasted peanuts	G, M	
Chicken lasagnette G*	L	
Home made spinach pancakes 3 pcs/portion, lingonberries, potatoes and sour cream	L	
Pureed root vegetable soup (portion inc 2 napas and side salad)	G, M	
Napas	G, L	
Greek style cheese baguette	L	
Chicken taco salad	G, M	FI
Oat & apple crumble and vanilla custard	L	
Pizza Friday	L	

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