












Menu 29.04. - 05.05.

Monday

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|---|------|---|
| Smoked pasta, arugula pesto and parmesan | VL | |
| Bacon caesar salad | VL |   |
| "Eat your veggies and more" All green market items are included in the buffet! | L | |
| Future50 Broccoli and potato purée soup | G, L |  |
| Herb and garlic marinated chicken fillet, roasted root vegetables and chickpea aioli | G, M |  |
| Butter tofu and jasmine rice | G, M |   |
| Hehku's ice cream buffet | G, L | |
| Soup of the day from the cafeteria: Creamy salmon soup, incl. lunch bread and a bowl of soup! | G, L | |







Tuesday

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|---|-------|---|
| Grilled pork sirloin, Dijon-onion sauce, vegetables and potato wedges | G, L |   |
| Future50 Goat cheese and beetroot salad | G, VL | |
| "Eat your veggies and more" All green market items are included in the buffet! | L | |
| Hehku's May Day buffet | M |   |
| Hehku's May Day buffet vegetarian | M | |
| Soup of the day from the cafeteria: Minced meat soup, incl. lunch bread and a bowl of soup! | G, M |  |






Wednesday

May Day

Thursday

| | | |
|---|------|---|
| Red chicken curry and jasmine rice | G, M |  |
| Future50 Grilled rainbow trout and potato salad | G, M | |
| "Eat your veggies and more" All green market items are included in the buffet! | L | |
| Spring onion and potato purée soup | G, L |  |
| Philippine style Adobo pork and jasmine rice | G, M |   |
| Tomato and bell pepper pasta and vegetable balls | M | |
| Pancakes with your choice of fillings | L | |
| Soup of the day from the cafeteria: Sausage soup, incl. lunch bread and a bowl of soup! | G, M |   |

Friday

| | | |
|--|------|---|
| Bbq burger and french fries | M |  |
| Chickpea burger and french fries | VL | |
| "Eat your veggies and more" All green market items are included in the buffet! | L | |
| Beetroot purée soup | G, L |  |
| Beef stew and saffron rice | G, M |  |
| Roasted vegetables, tomato-lentil stew and Ras el Hanout roasted chickpeas | G, M |   |
| Mango mousse | G | |

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