



Menu 29.04. - 05.05.

Monday

Organic bean-peanut tagine and potatoes
Meatballs in arrabiatta sauce and pasta
Kebab-potato casserole
Ginger-carrot puree soup and 1pc napas
Mango smoothie

G, M   
M  
G, L 
G, M   
G, VL 

Tuesday

Vebab filled tortias, mangosalsa and rice
Homemade fishpatties, dill-sourcream sauce and potatoes
Chicken in lemon sauce and whole grain barley
Vegetable borch soup and 2pc napas
Berry yoghurt

M   
G, L 
L 
G, M   
G, L 

Wednesday

May day, closed

Thursday

Chili roasted musk pumpkin, organic bean and rice, organic chickpea hummus and roasted peanut
Chicken lasagnette
Cheesy tortillas, organic bean salsa and french cream
Spicy tomato soup and 2pc napas
Blueberry curd

G, M   
L   
G, M
G, M   
G, L 

Friday

Spicy lentil stew, coriander-soy gurt, roasted potatoes and sweet potatoes
Breaded flounder, dill sourcream sauce and mashed potatoes
Spinach patties, lingonberry jam and potatoes
Root vegetable puree soup and 2pc napas
Oats-apple pie and vanilla sauce

G, M   
L  

G, M
VL 

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