

Menu 29.04. - 05.05.

Monday

Organic bean and walnut tagine with potatoes	G, M	  
Chicken (1 pcs/portion) in lemon sauce with whole grain barley (glutenfree option available)	L	
Beef in spicy tomato sauce with pasta	M	 
Ginger & carrot purée soup (portion inc 2 napas and side salad)	G, M	  
Tomato & Mozzarella Baguette	VL	
Tuna Salad	G, M	
Mango Smoothie	G, VL	
Cheese- or Halloumburger and French Fries	L	
Vegan Burger and French Fries	M	 
Slow-cooked Porkbelly, BBQ-sauce, mashed sweet potato and potato, sautéed peppers and onions	L	 

Tuesday

Tortillas(1 pcs/portion) with Vebab filling, mango salsa and vegetable barley	M	  
Oven steam-baked Sausages (5 pcs/portion), warm Potato Salad and chili Mayo	G, L	  
Homemade fish patties (2 pcs/portion), dill sour cream sauce and potatoes	L	
Vegetable Borscht Soup (portion inc 2 napas and side salad)	G, M	  
Curry Chicken Baguette	M	 
Greek Salad	G, L	
First of May Donut and Mead	L	
Cheese- or Halloumburger and French Fries	L	
Vegan Burger and French Fries	M	 

Thursday

Spicy Lentil Stew, Cilantro-Soy Gurt and Potatoes	G, M	  
Sausage gratinated with Cheese (1 pcs/portion), Rice and Mangosalsa	G, L	 
Pea soup and Blueberry Quark (1 pcs/portion) for dessert	L	   
Spicy Tomato Soup (portion inc 2 napas and side salad)	G, M	  
Tuna Baguette	M	
Goat Cheese & Beetroot Pesto Salad	VL	
Blueberry Quark	G, L	
Cheese- or Halloumburger and French Fries	L	
Vegan Burger and French Fries	M	 
Grilled Salmon Salad	G, L	

Friday

Chili-roasted Butternut Squash, Sweet Potatoes and Peanuts, Organic Beans and rice, Organic Hummus	G, M	  
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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



sodexo

Homemade Spinach pancakes (2 pcs/portion), Lingonberries, Potatoes and Sour Cream	L	
Breaded fish (1 pcs/portion), Horseradish and Sour Cream Sauce with mashed potatoes (glutenfree option available)	L	 
Root Vegetable Purée Soup (portion inc 2 napas and side salad)	G, M	  
Greek Style Cheese Baguette	L	
Chicken Taco Salad	G, M	
Oat & Apple Crumble with Vanilla Custard	VL	
Pizzafriday	L	

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