

Menu 13.05. - 19.05.

Monday

Meatballs L,G, peppersauce L,G and pasta M

L  

Fish-shellfish paella and aioli

G, M  

Eggplant gratin with feta and belugalinlentil stew

G, L

Spinach soup and boiled egg

G, L 

Tandoor broiler salad or Shrimp salad

Blueberry yogurt or fruit

G, L

Tuesday

Potato-ham casserole stewed with cream

G, L  

Korean style broiler and basmati rice

M 

Kale-nuts pasta M and pecorino cheese G



Tomato-goat cheese soup

G, VL 

Raspberrry quark or fruit

G, L

Wednesday

Herrings (M,G) and dill sour cream (L,G)

G, L 

Minced meat steak with cajun sauce and sweet potato-mashed potatoes

G, L  

Chickpea-cauliflower curry and basmati rice

G, M  

Black root puree soup

G, L 

Chili turkey bowl or Goat cheese salad

G, VL

Coconut kissel and raspberrry jam or fruit

G

Thursday

Orange-chili fish from cod and potato

G, L 

Future50: Pulled pork pasta casserole

L  

Sicilian eggplant stew and couscous

M  

Beetroot puree soup

G, L 

Chorizo bowl or Feta salad

Cardemom-berry frying (M) and vanilla sauce (L,G) or fruit

L

Friday

Sausage stroganoff and potato

G, L  

Chicken Kiev (VL), curry mayonnese M,G and rice

VL 

Vegetabale Mac and Cheese and with BBQ sauce

M  

Sweet potato puree soup

G, L 

Salmon salad or Feta cheese salad

Roseberry-white chocolate mousse or fruit

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