



Menu 28.04. - 04.05.

Monday

Tomato olive chicken with herb flavored couscous
Vegetable moussaka
Bean walnut tagine, roasted potatoes
Lentil - noodle soup

M 
G, L
G, M
M

Tuesday

Sicilian pork ragu with sage pasta
Home made spinach patties, lingonberry, potato and sour cream
Tacos with vebab, mango salsa and rice
Sweet potato soup

M  
L
M 
G, L

Wednesday

Crispy fish piece, mashed potato and lemon sour cream
Palak paneer cheese curry
Falafel-carrot patties, apple curry sauce and potato
Broccoli pyre soup

L
G, L
G, M 
G, L

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