

Menu 05.05. - 11.05.

Monday

Kebab with tomato sauce (M,G) , Rice (M,G) and garlic sour cream((L,G)		FI
Whole grain fusilli , tofu and vegetables with kale pesto (M,V), parmesan cheese (VL,G)		
Spicy fried cheese with nuts(L,G),Beef and vegetables in Gochujang sauce(M),Rice (M,G),Ebly(M)		FI
Filipino chicken curry with rice(M,G) OR Filipino tofu curry with rice (M,G,V)		FI
Sweetpotato and parsnip puree soup	G, M	
Pick n mix salad. Pay by weight.	G, L	

Tuesday

Cheese gratinated ovebn baked sausages (L,G), Cream potatoes(L,G)		FI
Spinach pancakes(L) , potatoes(M,G), lingon berries (M,G)and sour cream sauce(L,G)		
Oven baked potato with cheese topping(L,G),Cajun fried chicken(M,G),Spicy rice(M,G),Fried onion and bellpepper(M,G)		FI
Thai green turkey curry with jasmine rice (L,G) OR Thai green tofu curry with jasmine rice (M,G,V)		FI
Mushroom soup(L,G)		
Pick n mix salad. Pay by weight.	G, L	

Wednesday

Gratinated chicken lasagnette(L)		
Chili sin carne with halloumi cheese (VL,G)		
Pork chops(M,G) ,Almond gratinated saithe(M),Mashed potatoes(L,G),Oven baked root vegetables(M,G),Herb yoghurt(L,G),Pannacotta		
Coconut beef wok with basmati rice (M,G) OR Coconut soy wok with basmati rice (M,G,V)		
Fennel puree soup	G, L	
Pick n mix salad. Pay by weight.	G, L	

Thursday

Lamb curry(M,G), spicy roasted carrot and basmati rice(M,G)		FI
Veggie lasagne	L	
Grilled asparagus with hollandaise sauce(G), warm smoked salmon(M,G), dill butter potatoes(L,G),lemonrisotto(VL,G),Sweet pastry		
Rainbow trout poke bowl(M,G) OR Tofu poke bowl(M,G,V)		
Cheesy cauliflower soup (L,G)		
Pick n mix salad. Pay by weight.	G, L	

Friday

Chicken schnizel(M),Roasted potatoes(M,G), bearnaice mayonnaise(L,G), Potato wedges(M,G)		FI
Enchiladas, vegetable tortillas(VL),Rice (M,G),Avocado creme(M,G,V)		
Pizza puffet		
Zucchini puree soup (L,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



Pick n mix salad. Pay by weight.

G, L



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≤ 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



