

## Menu 05.05. - 11.05.

### Monday

|                                                             |       |                                                                                     |
|-------------------------------------------------------------|-------|-------------------------------------------------------------------------------------|
| Cabbage rolls stewed in cream sauce, lingonberry and potato | G, L  |  |
| Pesto covered broiler and rice                              | G, VL |  |
| Avocadopasta and parmesan cheese                            | L     |  |
| Blueberry yogurt                                            | G, L  |  |

### Tuesday

|                                                  |      |                                                                                                                                                                         |
|--------------------------------------------------|------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ham casserole and beetroot                       | G, L |   |
| Broiler in Korean style, kimchi and basmati rice | M    |                                                                                                                                                                         |
| Pesto-potato pizza                               |      |                                                                                      |
| Coconut kisse!                                   | G, L |                                                                                      |

### Wednesday

|                                                                                                 |      |                                                                                                                                                                         |
|-------------------------------------------------------------------------------------------------|------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pork neck stewed in herb-tomato sauce and potato                                                | G, L |   |
| Herrings covered with crisp rye-bread, dill-sour cream, grandma's cucumber, beetroot and potato | L    |                                                                                                                                                                         |
| Homemade pancakes, lingonberry                                                                  | L    |                                                                                      |
| Raspberry quark                                                                                 | G, L |                                                                                     |

### Thursday

|                                                  |      |                                                                                                                                                                             |
|--------------------------------------------------|------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sausage stroganoff, potato and lingonberry puree | G, L |   |
| Tuna-omelette roll                               | L    |                                                                                                                                                                             |
| Sicilian eggplant stew and couscous              | M    |                                                                                        |
| Mango quark                                      | G, L |                                                                                        |

### Friday

|                                                                                     |      |                                                                                                                                                                             |
|-------------------------------------------------------------------------------------|------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Lemon-salmon pasta                                                                  | L    |                                                                                                                                                                             |
| Cajun spiced minced meat steak, fried paprika and onion, mashed potato-sweet potato | G, L |   |
| Mac and Cheese and pulled oat in BBQ-sauce                                          | L    |                                                                                        |
| Blueberry with Finnish finely milled flour mixture                                  | L    |                                                                                        |

### Saturday

|                                                 |       |                                                                                                                                                                             |
|-------------------------------------------------|-------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pork cutlet, choron sauce, rice                 | M     |   |
| Coconut-chicken soup                            | G, M  |                                                                                        |
| Vegetable-spring rolls, sweet&chili sauce, rice | L     |                                                                                        |
| White chocolate-lime mousse                     | G, 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