

Menu 09.06. - 15.06.

Monday

Vegan vebab risotto and lemon soy yoghourt

M    

Kebab Jambalaya with chorizo and prawns, garlic sour cream

L  

Sweet potatoe soup

G, M    

Napas: Curry chicken and tofu

G, M 

Tuesday

Vegetable casserole spiced wit chilli and chocolate, basmati rice and soy yoghourt

G, M    

Chicken pasta spiced with lemon

L  

Creamy salmon soup

G, L  

Wednesday

Soy and cabbage casserole, potatoes and lingonberry

G, M    

Pork schnitzel, chilli mayonnaise and roasted potatoes

M  

Creamy soup of peas

G, M    

Napas: Curry chicken and tofu

G, M

Thursday

Vegan root vegetable Bourgogne and steamed potatoes

G, M    

Chicken nuggets (7pcs/portion), curry mayonnaise and steamed rice

M 

Pea soup and pancake

 

Vegan vegetable pea soup

G, M    

Pancake, jam and whipped cream

Friday

Vegan tofu ratatouille and steamed potatoes

G, M    

Wiener schnitzel, anchovy and caperns, lemon wedges. Potatoe mash

 

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