



Menu 09.06. - 15.06.

Monday

Pasta Bolognese with herb oil-tossed linguine and parmesan crisps (Gluten-free option available)	L	
Crispy fish schnitzel with dill sauce and mashed potatoes	L	
Cauliflower and chickpeas au gratin with feta in tomato sauce	G, L	
Beef minute steak with French fries and BBQ sauce	M	

Tuesday

Roasted Teriyaki chicken with vegetables, jasmine rice, spring onion & coriander	G, M	
Atomitie's vegetable patties with parsley-sour cream sauce and potatoes	G, L	
Beef minute steak with French fries and BBQ sauce	G, M	

Wednesday

Blackened chicken with colorful tabbouleh salad & Arrabiata sauce	G, M	
House smoked salmon pasta with fresh arugula & fennel salad	L	
Sweet potato purée soup	G, M	
Beef minute steak with French fries and BBQ sauce	G, M	

Thursday

Sour cream beef stew with roasted potato wedges, roasted cauliflower and pickled cucumber	G, L	
Sesame-garlic tofu with Gochujang, pickled Asian cucumbers, jasmine rice and fresh herbs		
Rainbow trout with baby potatoes, grilled lemon, spring vegetable sauté and lemon yogurt	G, L	

Friday

Homestyle Chicken Kiev with curry mayonnaise, braised spinach and peas	VL	
Zucchini stuffed with vegetables and lentils, served with lemony soy yogurt sauce	G, M	
Rainbow trout with baby potatoes, grilled lemon, spring vegetable sauté and sour cream sauce	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