



Menu 07.07. - 13.07.

Monday

Vegan chili sin carne and steamed rice
Minced meat patties, barbeque sauce and potatoes

M
L

  

Tuesday

Vegan falafel and bean hash
Chicken in cajun sauce and steamed rice
Creamy salmon soup

G, M
G, M
G, L

 

Wednesday

Vegan tortilla with kidneybeans and vegetables, lemon-soy yoghurt
Pork schnitzel, chili mayonnaise and roasted potatoes

M
M

  


Thursday

Vegan bean ragu, jeera roasted carrots and potatoes
Chicken nuggets, curry mayonnaise and roasted potatoes

G, M
M

  

Friday

Vegan baked potato with BBQ-tofu filling

M

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