

## Menu 13.10. - 19.10.

### Monday

Chicken fillet coated with parmesan & bread, tomato linguine pasta & lemon herb oil	L
Tomato linguine pasta, buffalo mozzarella with fried cherry tomatoes & lemon herb oil	VL
Broccoli puree soup with cashew nuts	G, L
Changing variety of vegetables and 2 to 3 different proteins every day	L
Beef with gochujang sauce, sesame-ginger pickled cucumbers, jasmine rice & fresh herbs	M
Pulled oats with gochujang sauce, sesame-ginger pickled cucumbers, jasmine rice & fresh herbs	M
Dessert is available from the café: Responsible coffee & tea, as well as fruit & cookies	

### Tuesday

Ground beef patty, green pepper sauce, baked root vegetables and potatoes	L
Creamy salmon soup by Valaja	VL
Tomato soup & goat cheese	G, L
Changing variety of vegetables and 2 to 3 different proteins every day	
Pasta Buffet: Lemon chicken pasta Pollo Limonello and arugula-spinach salad with parmesan	L
Pasta Buffet: Lemon spinach-ricotta pasta and arugula-spinach salad with parmesan	L
Dessert is available from the café: Responsible coffee & tea, as well as fruit & cookies	

### Wednesday

Pork cutlet with garlic potatoes, root vegetables, house mayonnaise capers and a lemon wedge	L
Wild mushroom soup and parsley	L
Changing variety of vegetables and 2 to 3 different proteins every day	VL
Chicken tikka masala, beluga lentils stew, basmati rice and ginger raita	G, L
Chickpea balls, beluga lentils stew, basmati rice and ginger raita	G, L
Dessert is available from the café: Responsible coffee & tea, as well as fruit & cookies	

### Thursday

Chicken with burgundy sauce, homemade mashed potatoes and fried vegetables	M
Fried vendace with sour cream sauce, fresh lemon, homemade mashed potatoes and fried vegetables	G, M
Blue cheese soup & roasted onions	VL
Changing variety of vegetables and 2 to 3 different proteins every day	
Pokebowl with fried rainbow trout, jasmine rice with fresh herbs and vegetables	VL
Cool poke bowl with avocado and tofu, jasmine rice with fresh herbs and vegetables	VL
Dessert is available from the café: Responsible coffee & tea, as well as fruit & cookies	

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





Friday


- Three cheese burger, pickled onion, pickled cucumber with salad and french fries VL
- Valaja's Muubiif veggie burger with three cheeses & french fries VL
- Chili sweet potato coconut soup with pine nuts G, M
- Valaja's Caesar Salad, at least 2 or 3 different proteins of your choice \*Gluten-free upon request\*
- Bowl: Chicken with sweet & sour vegetables and jasmine rice G, M
- Bowl: Tofu with sweet & sour vegetables and jasmine rice G, M
- Dessert is available from the café: Responsible coffee & tea, as well as fruit & cookies


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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