

Menu 20.10. - 26.10.

Monday

Vebab with jalopano-tomato sauce and rice

Pasta Bolognese

Frankfurter soup

Ham baguette

Cappuccino mousse

M   
M  
G, M  
M   
G, L 

Tuesday

Bean ragout, jeera roasted carrots, tahini soy yogurt and potatoes

Frankfurter stroganoff and potatoes

Ginger-carrot puree soup and cottage cheese

Tomato-mozzarella baguette

Coconut soup and raspberry jam

G, M   
G, L   
G, L  
L 
G, L 

Wednesday

Lentil - root vegetable lasagna

Mince meat patties, cream sauce and potatoes

Fish soup

Curry - chicken baguette

Berry pie

M   
L   
G, L  
M  
L 

Thursday

Soy bean meal - cabbage roast and lingonberry jam

Butter chicken and rice

Pea soup with ham

Tuna baguette

Pancake and jam

G, M   
G, L  
G, M    
M  
L 

Friday

Tofu - vegetable risotto

Crispy fish, tar-tar sauce and mashed potatoes

Spinach soup and egg

Feta - tzatziki baguette

Banana - berry smoothie

G, M   
L   
G, M  

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