

Menu 20.10. - 26.10.

Monday

Vegetable Curry with Organic Chickpeas, Rice, and Fava Beans
 Roasted Chicken in Tomato salsa(2pc/ portion) with Whole Grain Oats
 Root Vegetable Balls (5pc/ portion), Tzatziki, Oat with Herbs
 Parsnip Purée Soup and 2 x Napas
 Roast Beef Baquette
 Smoky Salmon Takeaway Salad
 Strawberry Quark

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

Tuesday

Pesto & Potato Pan Pizza
 Chicken Bolognese Pasta Casserole
 Chicken balls (7pc/portion), Mushroom Sauce, and Potatoes
 Black Salsify Purée Soup and 2 x Napas
 Tuna Baquette
 Smoky Salmon Takeaway Salad
 Mango Quark

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

Wednesday

Roasted Broccoli and Organic Chickpeas, Peanut Sauce with Rice
 Smoked Salmon & Lemon Pasta
 Ham & Potato Casserole
 Beetroot Purée Soup and 2 x Napas
 Turkey BBQ- Baquette
 Smoky Salmon Takeaway Salad
 Chocolate Mousse

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

Thursday

Lehtil-zuccini korma, potatoes and roasted soybeans
 Hash and fried egg
 Chicken (2pc/portion)in tomato-red pepper sauce, nachos and vegetable rice
 Sweet potato puree soup and 2 x Napas
 Chicken Baquette
 Smoky Salmon Takeaway Salad
 Raspberry-blueberry pie

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

Friday

Lindström soy patties 1pc/portion, pea-potato mash and tahini-beetroot creme
 Fish fingers 6pc/portion, dill-sourcream sauce and mashed potatoes

G, M  
 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



Butter tofu and basmati rice
Gia style vegetable soup and 2 x Napas
Baquette lunch
Takeaway Salad of the day

G, M 
G, M  
VL
G, L

Saturday

Rainbow trout lasagnette
Peanut-tofu wok and basmati rice

L 
G, M   

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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