

Menu 17.11. - 23.11.

Monday

Lentil & eggplant korma with herb seasoned oat	M	  
Sausage sauce and potatoes	L	  
Chicken nuggets, apple-curry mayonnaise and roasted potatoes	M	
Roasted bell pepper soup (portion inc 1 napas and side salad)	G, M	  
Napas	G, L	
Greek style cheese baguette	L	
Country style chicken salad	M	 
Marianne mousse	G, VL	
Cheeseburger with French fries (also CHICKEN or HALLOUMI burger available)	L	
Vegan burger with French fries	M	

Tuesday

Sweet potato and kale in peanut sauce and whole grain oat	M	  
Pollo Limonello pasta casserole	L	  
Salmon soup	G, L	 
Pureed parsnip soup (portion inc 1 napas and side salad)	G, M	  
Napas	G, L	
Tuna baguette	M	
Greek salad	G, L	
Peach & pineapple smoothie	G, L	
Cheeseburger with French fries (also CHICKEN or HALLOUMI burger available)	L	
Vegan burger with French fries	M	
Turkey cutlet Cordon Bleu, cucumber mayonnaise and potato wedges	L	

Wednesday

Coconut & tofu wok with rice	G, M	  
Meatballs in Arrabiatta sauce and pasta	M	 
Ham and potato casserole	G, L	  
Pureed sweet potato soup (portion inc 1 napas and side salad)	G, M	  
Napas	G, L	
Tomato & mozzarellabaguette	VL	
Chicken taco salad	G, M	
Lingonberry & caramel quark	G, VL	
Cheeseburger with French fries (also CHICKEN or HALLOUMI burger available)	L	
Vegan burger with French fries	M	
Kebab, tomato sauce, garlic yogurt and French fries	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



Thursday

- Beetroot & spelt patties, parsley soy gurt and potatoes
- Chicken kebab in tomato soup with rice
- Minced meat lasagnette
- Mushroom soup (portion inc 1 napas and side salad)
- Napas
- Curry chicken baguette
- Tuna salad
- White chocolate & lime pannacotta
- Pizza Thursday !

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

Friday

- Vegetable & quinoa Arrabiatta with rice
- Fish fingers, dill sour cream and mashed potatoes
- Minced meat sauce and potatoes
- Pureed fennel soup (portion inc 1 napas and side salad)
- Napas
- Greek style cheese & tzatziki baguette
- Goat cheese & beetroot pesto salad
- Cheeseburger with French fries (also CHICKEN or HALLOUMI burger available)
- Vegan burger with French fries

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