

Menu 15.12. - 21.12.

Monday

Root vegetable & soy burgundi with rice
Sausage sauce and potatoes
Minced meat and macaroni casserole
Tomato & mozzarella baguette
Mango smoothie

G, M   
G, L   
 
VL 
G, L

Tuesday

Chickpea & vegetable curry and rice
Cheesy chicken stew with rice
Rainbow trout lasagnette
Curry chicken baguette
Oat & apple crumble with vanilla custard

G, M   
G, L  
L 
M  
VL

Wednesday

Beetroot patties, soy gurt and potatoes
Chili con carne with rice
White chocolate & strawberry mousse

G, M   
G, M  

Thursday

Peanut & tofu wok with rice
Chicken kebab in tomato sauce and rice
Lime-coriander cod, dill sour cream and potatoes
Tuna baguette
Blueberry quark

G, M   
G, M   
L 
M 
G, L

Friday

Lentil & vegetable sauce with pasta
Meat balls, peppercorn sauce and potatoes
Selection of pastries

M   
L 
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