

Menu 09.02. - 15.02.

Monday

Salad buffet	L	
Fried vendace, dill potatoes and tartar sauce	L	FI
Spinach-ricotta cannelloni with bechamel sauce	L	♥
Zucchini goat cheese soup	G, VL	♥
Strawberry-basil smoothie	G, M	🌱
Coffee and tea	G, M	🌱

Tuesday

Salad buffet	L	
House Lindström steaks, mashed potatoes and dark shiitake mushroom sauce	G, L	FI
Baked feta pasta, grated parmesan cheese, hummus and arugula	L	♥
Cheesy cauliflower soup	G, L	♥
Ice cream	G, L	♥
Coffee and tea	G, M	🌱

Wednesday

Salad buffet	L	
Chicken-filled tortillas, salsa, crème fraîche and guacamole	L	FI
Chanterelle risotto with parmesan cheese	G, L	♥
Tomato soup	G, M	🌱
Berry soup	G, M	🌱
Coffee and tea	G, M	🌱

Thursday

Salad buffet	L	
Bao bun, pulled pork, jasmine rice, guacamole, chili pepper, marinated red onion and radish	M	🐷 FI
Stir-fried vegetables with tofu, basmati rice and coriander	G, M	🌱
Sweet potato soup	G, L	♥
Mango mousse	G, L	♥
Coffee and tea	G, M	🌱

Friday

Salad buffet	L	
Chicken Kiev, chili mayonnaise and grilled potatoes	VL	FI
Goat cheese and sun-dried tomato rosti	G, VL	♥
Vegetable tom yum soup	G, M	🌱
Orange pannacotta	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



Coffee and tea

G, M



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≤ 0,5 kg CO ₂ 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		