

Menu 09.03. - 15.03.

Monday

Meatballs in cream pepper sauce, potato mash and lingonberries	L	 
Fish tikka masala and basmati rice	G, M	
Tofu tikka masala and basmati rice	G, M	
Vegetable purée soup with cheese	G, L	
Poke bowl with rainbow trout or spicy tofu	L	
Rich salad bar with chicken and feta cheese napas		

Tuesday

Blackened chicken, arrabiata tomato sauce and rice	G, M	
Vegetable potato hash	G, M	
Roasted cauliflower-basil soup	G, L	
Hungarian goulash soup	G, M	
House burger with abundant trimmings		 
Rich salad bar with smoked salmon and bread cheese napas		

Wednesday

Cabbage rolls simmered in cream sauce, lingonberries and potatoes	G, VL	 
Korean sesame garlic mifu and jasmine rice	G, M	
Broccoli purée soup	G, L	
Rich salad bar with tuna and fried halloumi napas		

Thursday

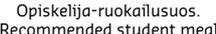
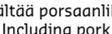
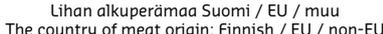
Creamy potato hash and pickled cucumber	L	 
Salmon rissoles, roasted potatoes and tartar mayonnaise	G, M	
Kale-shiitake mushroom pasta and parmesan cheese	L	
Traditional pea soup and chopped onion	G, M	
Pancake, jam and whipped cream 1 pc/portion	L	
Tomato-goat cheese soup and crutons	G, VL	
Grilled chicken fillet with béarnaise sauce or pepper sauce 13,50 €	G, L	
Rich salad bar with chicken and mozzarella cheese napas		

Friday

Panang chicken curry and basmati rice	G, M	
Vegetable moussaka	G, L	
Spicy lentil noodle soup	G, M	
Pizza Friday		  
Rich salad bar with two napas		

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
 Vegaaninen  Opiskelija-ruokailusuos.
 Sisältää porsaanlihaa    Lihan alkuperämaa Suomi / EU / muu
 Healthy choice  Vegan  Recommended student meal  Including pork  The country of meat origin: Finnish / EU / non-EU