

Menu 16.03. - 22.03.

Monday

Cabbage rolls stewed in cream sauce, mashed potatoes, lingonberries and roasted carrots	G, L	 
Bellmann's Pan (Chicken and Bacon)	G, L	
Ginger and carrot puree soup	G, L	
Berry smoothie	G, L	

Tuesday

Pulled cod taco, mango salsa and rice	M	
Korean-style chicken, kimchi and rice	M	
Lemon-smoked salmon pasta	L	
Apple-cinnamon soup	G, M	

Wednesday

Mifu spinach casserole	G, L	
Minced meatballs in pepper sauce, steamed broccoli and roasted potatoes	L	 
Sweet potato soup	G, L	
Blackcurrant whipped porridge	M	

Thursday

Falafel balls in curry sauce and rice	G, L	
Emmental-garatined cheese and spinach, mashed potatoes and roasted beetroot	G, L	
Ham casserole	G, L	 
Blueberry dessert	L	

Friday

Pinto bean and mushroom paella with aioli	G, M	
Herb-garlic stuffed chicken steak, curry mayonnaise and potato wedges	VL	
Parsnip puree soup	G, L	
Oatmeal apple pie and vanilla sauce	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
 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