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












Monday

Lentil & Vegetable Casserole	M	  
Minced Meat Sauce and Potatoes	G, M	  
Salmon Meat Balls (8 pcs/portion), Dill & Sour Cream Sauce and Potatoes	G, L	
Pine Apple Quark	G, VL	
Parsnip Purée Soup (portion inc 1 napas and side salad)	G, M	  
Kikherne / Tonnikala	G, M	
Tuna Baguette	M	
Caesar Chicken Salad	L	
Cheeseburger with French fries (also Chicken or Halloum burger available)	L	




Tuesday

Sun Dried Tomato & Soy Sauce with Rice	G, M	  
Butter Chicken with Rice	G, L	 
Taco Spiced Minced Meat & Potato Casserole	G, M	
Cardamum & Berry Crumble with Vanilla Custard	VL	
Sweet Potato Purée Soup (portion inc 1 napas and side salad)	G, M	  
Soijapapu/Soijapyörykkä/Tonnikala	G, L	
BBQ Ham Baguette	M	  
Greek Cheese Salad	G, L	
Cheeseburger with French fries (also CHICKEN or HALLOUMI burger available)	L	
Grilled Halloumi, Kale Pesto with Roasted Potato & Vegetable Salad	G	

Wednesday









Tortillas (2 pcs/portion) with Tofu & vegetable Filling with Salsa (glutenfree option available)	M	  
Chicken Pasta Casserole	L	  
Meat Balls (8 pcs/portion) in Rosemary & Mint Sauce with Potatoes (glutenfree option available)	M	
Eastern Pasha	G, VL	
Black Salsify Purée Soup (portion inc 1 napas and side salad)	G, M	  
Soijapapu / Broileri	G, L	
Tomato & Mozzarella Baguette	VL	
Chicken & Taco Salad	G, M	
Cheeseburger with French fries (also CHICKEN or HALLOUMI burger available)	L	
Chicken Fillet Filled with Parsley & Garlic with Curry Mayo and Roasted Potatoes	VL	

Thursday

Moroccans Vegetable Patties (3 pcs/portion), Tahini & Soy Yogurt with Roasted Potatoes and Sweet Potatoes	G, M	  
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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











sodexo

Roasted Chicken (1 pcs/portion) with Herbs, Pineapple & Curry Sauce with Potatoes	G, L	 
Turkish Yogurt, Honey and Muesli	L	
Green Asparagus Soup (portion inc 1 napas and side salad)	M	  
Salaattijuusto / Kidneypapu	G, L	
Greek Cheese Baguette	L	
Tuna Salad	G, M	
Cheeseburger with French fries (also CHICKEN or HALLOUMI burger available)	L	

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