

## Menu 16.03. - 20.03.

### Monday

Cabbage rolls stewed in cream sauce, mashed potatoes, lingonberries and roasted vegetables	G, L	 
Ginger and carrot puree soup	G, L	
Halloum salad		
Berry smoothie	G, L	

### Tuesday

Korean-style chicken, kimchi and rice	M	
Pulled cod taco, mango salsa and rice	M	
Halloum salad		
Apple-cinnamon soup	G, M	

### Wednesday

Minced meatballs, rosemary tomato sauce, steamed broccoli and boiled potatoes	M	 
Sweet potato soup	G, L	
Halloum salad		
Blackcurrant whipped porridge	M	

### Thursday

Emmental cheese gratin, spinach, mashed potatoes and beetroot	G, L	
Falafel balls in curry sauce and rice	G, L	
Cottage cheese salad		
Blueberry dessert	L	

### Friday

Herb-garlic stuffed chicken cutlet, curry mayonnaise and potato wedges	VL	
Parsnip puree soup	G, L	
Cottage cheese salad		
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

  $\leq 0,5$  kg CO<sub>2</sub> 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