











Menu 20.04. - 26.04.

Monday

Beef in Burgundy red wine sauce with mushrooms and rice	G, M	
Breaded flounder and tartare sauce	M	
Hot Dogs & Patatas bravas	M	 
Sweet potato puree soup	G, L	
Deli salad with a changing variety of vegetables and at least 2 different daily proteins	G, L	
Thai Basil flavoured chicken with jasmine rice and fresh herbs	M	
Thai Basil flavoured fried tofu with jasmine rice and fresh herbs	G, M	
Vanilla and strawberry ice creams with sustainable coffee and tea	G, L	

Tuesday

Chicken filee with feta cheese and tomato sauce, rice and cauliflower tzatziki	G, L	
Creamy cabbage rolls with lingonberry mash	G, L	 
Mushroom soup	G, L	
Deli salad with a changing variety of vegetables and at least 2 different daily proteins	L	
Spicy Vietnamese style pork with jasmine rice, crispy onion and fresh herbs	G, M	 
Spicy Vietnamese style tofu with jasmine rice, crispy onion and fresh herbs	G, M	
Apple and oat bake with vanilla sauce and sustainable coffee and tea	L	

Wednesday










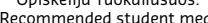
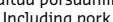
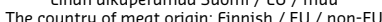
Pork minute steak with pepper sauce and roasted potatoes	G, M	
Chicken and chanterell rigatoni pasta	L	
Soy and cabbage casserole with lingonberry mash and pickles	G, M	
Tomato soup	G, M	
Deli salad with a changing variety of vegetables and at least 2 different daily proteins	G, VL	
Valaja's Poke bowl with fresh salmon	G, M	
Valaja's Poke bowl with tofu and mushrooms	M	
Valaja's bun pudding with sustainable coffee and tea	L	

Thursday

Valaja's handmade ground beef patties with mashed potatoes and cream sauce	L	
Salmon Primavera with season's vegetables and Linguine pasta	L	
Carrot and oat crepes with lingonberry and sour cream	L	
Lentil and coconut soup	G, M	
Deli salad with a changing variety of vegetables and at least 2 different daily proteins	G, VL	
Butter Chicken with basmati rice, raita, fresh herbs and vegetable stew	L	
Butter Tofu with basmati rice, raita, fresh herbs and vegetable stew	L	
Pancakes, jam and whipped cream with sustainable coffee and tea	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











sodexo

Friday

Panang curry with chicken, jasmine rice and fresh herbs	G, M
Panang curry with tofu and pumpkin, jasmine rice and fresh herbs	G, M
Roasted bell pepper soup	G, L
Valaja's Caesar salad with at least two different daily proteins	L
Friday burger: Valaja Classic with onion and bacon jam, Monterrey Jack cheese and crispy potatoes *Ask for gluten free*	M
Friday burger: Halloumi burger with grilled vegetables, garlic yoghurt and crispy potatoes *Ask for gluten free*	L
House berry pie with whipped cream and sustainable coffee and tea	L

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