



























Menu 27.04. - 03.05.













Monday

Bean and walnut tagine with potatoes	G, M	  
Meatballs and Arrabiatta sauce (7pc/portion) and pasta	M	 
Spinach pancakes (7pc/portion) , Lingonberry jam and Potatoes	L	
Ginger & Carrot Puree Soup and Napas	G, M	  
ham-metwurst Baquette	M	  
Chicken Taco Takeaway Salad	G, M	
Fruit Quark	G, L	












Tuesday

Tortillas with Vebab filling (2/pc), Mango salsa, and Rice	M	  
Fish patties (2/pc), Tartar sauce, and Potatoes	L	 
Lemon chicken (1pc/portion) with rice	G, L	
Ginger & Carrot puree Soup and Napas	G, M	  
Ham-metwurst Baquette	M	
Chicken Taco Takeaway Salad	G, M	
Tiramisu	L	

Wednesday

Korean style sesam vegetable-tofu, Rice and Red gabbage kimchi	M	  
Chicken Lasagnette	L	  
Gratinated Sausage and mashed Potatoes	G, L	 
Broccoli Puree Soup and Napas	G, M	  
Tuna Baquette	M	
Chicken Taco Takeaway Salad	G, M	
Lemon-chocolate mousse	L	

Thursday

Chili-roasted Butternut squash, Beans, and Rice, Hummus, and roasted Peanuts	G, M	  
Breaded flounder (1 pc/portion), Tartar sauce sauce and Mashed Potatoes	L	 
Chicken Drumsticks (3 pc/portion) Chilll Mayo and Roasted Potatoes	G, M	
Spicy tomato Soup and Napas	G, M	  
Baquette lunch	M	
Takeaway Salad of the day	VL	
Blueberry Quark	G, L	

Friday

May day, Closed

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