



Menu 25.05. - 31.05.




Monday

Cheese-covered oven sausage and mashed potatoes	G, L	
Salmon casserole and beetroot	G, L	
Mac and cheese with soy-halloum topping		
Cauliflower-broccoli soup	G, L	
Blueberry-banana smoothie or fruit	G, M	
MyCafe E6 Baked potato with salmon and horseradish filling	G, L	





Tuesday

Fish balls and dill-cream sauce (incl.soya)	G, L	
Overcooked pork loin, dark orange sauce and thyme potatoes (incl.sesam)	G, M	
Härkis noodle wok (incl.soya,sesam)	G, M	
Sweet potato soup	G, L	
Strawberry kissel (incl.apple) or fruit	G, M	
MyCafe E6 Chicken wok	G, M	



Wednesday

Cabbage rolls, cream sauce, lingonberries and mashed potatoes	G, L	 
Herb-garlic marinated chicken and basmati rice	G, M	
Mushroom and vegetable omelette roll	L	
Mushroom soup	G, L	
Lingonberry-caramel curd or fruit	G, L	
MyCafe E6 Vietnamese beef noodle soup	M	

Thursday









Goat cheese chicken and herb rice	G, VL	
Fried liver, onion sauce, potato gratin and lingonberry puree	G, L	
Butter tofu and herb rice (incl.Nuts,soya)	G, M	
Summer soup	G, L	
Chocolate mousse or fruit	G	
MyCafe E6 Pea pesto pasta and halloumi		

Friday

Pastitsio (incl.nutmeg,wheat,egg)	L	
Creamy salmon soup	G, L	
Lentil and feta cheese patties, cucumber and yogurt sauce and rice (incl.wheat,egg)	L	
Green broccoli soup	G, L	
Sweet buffet or fruit		
MyCafe E6 Frutti di mare pizza	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