
























Menu 01.06. - 07.06.












Monday

Vegetable lasagnette and roasted vegetables	M	  
Coconut chicken soup	G, M	 
Creamy ham casserole and baked vegetables	G, L	  
Cappuccino mousse	G, L	
Beetroot puree soup	G, M	  
Baked potato with filling, Napas & Coleslaw	G, M	















Tuesday

Soy and cabbage casserole, lingonberry puree and baked vegetables	G, M	   
Creamy chicken soup	G, L	 
Pork-vegetable-noodle wok and baked vegetables	M	 
Cappuccino mousse	G, L	
Broccoli puree soup	G, M	   
Stuffed baked potato, Napas and Coleslaw	G, M	














Wednesday

Chickpeatew seasoned with chili, steamed rice and baked vegetables	G, M	   
Fish soup	G, M	 
Minced meat patties, homemade mashed potatoes, sauce, and oven vegetables	L	
Peach yogurt	G, L	
Root puree soup	G, M	   
Stuffed baked potato, Napas and Coleslaw	G, M	

Thursday









Indian vegetable lentil stew, steamed rice and baked vegetables	G, M	   
Tofu-vegetable soup	G, M	   
Chicken meatballs, curry sauce, potatoes and baked vegetables	G, L	 
Pancake and jam	L	
Cauliflower puree soup	G, M	   
Stuffed baked potatoes, napas and coleslaw	G, M	

Friday

Veggie sticks, chimichurri sauce, steamed rice and baked vegetables	M	   
Vegetable pea soup	G, M	   
Creamy salmon casserole and baked vegetables	G, L	
Banana-berry smoothie	G, L	
Spinach soup	G, M	   
Stuffed baked potato, napas and coleslaw	G, M	

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