

Menu 21.09. - 25.09.

Monday

Chili con carne and rice, lime -cream fraiche, nachos, and grill corn(coriander-free from the kitchen)	G, L	
Porcini mushroom and potato casserole with roasted roots	G, L	 
Beetroot purée soup	L, M	  
Salad bar		 
Sesame-roasted turkey and Asian noodle salad	G, M	 
Apple quark	G, L	

Tuesday

Lebanese chicken in tomato sauce with pepper rice	G, M	 
Garam masala tofu, tomato and lentil stew with rice	G, M	 
Potato and spinach purée soup	G, L	 
Salad bar		 
Shnitzel with Choron sauce and fried potatoes	L	 
Lingonberry pudding with caramel cream	G, L	

Wednesday

Root vegetable and pork stew, potatoes and roasted beetroot	G, M	 
Mushroom and cabbage rolls with beetroot and plant-based protein casserole	G, M	  
Sweet potato purée soup	G, M	 
Salad bar		 
Herb-roasted chicken breast with borcini mushroom risotto, carrot and bean salad	G, L	 
Blueberry dessert	L	

Thursday

Breaded flounder with mashed potatoes and remoulade sauce	L	 
Vegetable and bean hash with fried eggs	G, M	
Root vegetable purée soup	G, M	  
Salad bar		 
Grilled halloumi with antipasti vegetables and pesto pasta	L	
Mango mousse	G, L	

Friday

Bellmann-style hash with slow-cooked pork belly and fried eggs	G, L	 
Chickpea and vegetable tagine with couscous and cauliflower tzatziki	L	
Vegetable goulash soup	G, M	  
Pinsa Bianca with salmon, rocket and buffalo mozzarella	VL	
Finnish layered creme and jam dessert	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