

Menu 21.09. - 25.09.

Monday

Beef patties, lindström patties, creamy onion sauce, and parsley potatoes		 
Breaded Baltic herring fillets, fresh cucumber and sour cream sauce and dill potatoes		
Spicy chickpea and zucchini korma with rice	G, M	
Beetroot purée soup	G, L	
Grill: Lemon risotto and grilled jumbo prawn tails	G, L	
Protein for the salad lunch: Cold smoked salmon	G, M	
Strawberry quark	G, L	

Tuesday

Grilled chicken breast, béarnaise sauce, and wild rice	G, L	
Hungarian goulash soup	G, M	
Falafel rolls, hummus, fresh vegan tzatziki, and moroccan bulgur.	M	
Leek and potato puree soup	G, L	
Grill: Goat cheese and pepperoni pizza	VL	 
Protein for the salad lunch:		
Rosehip kissel and whipped cream	G, L	

Wednesday

Cajun-roasted pork, pico de gallo salsa, and roasted potatoes	G, M	 
Crispy breaded flounder, remoulade sauce, and roasted potatoes.		
Palak paneer curry and jasmine rice	G, M	
French onion soup	G, M	
Grill: Pasta in a spicy chorizo-tomato sauce	L	 
Protein for the salad lunch:		
Pineapple quark	G, L	

Thursday

Mildly spicy chili con carne, rice, sour cream, nachos, and jalapeños		
Creamy "Marry Me" Chicken Pasta	L	
Oat-based "Marry Me" vegetarian pasta	M	
Andalusian vegetable soup	G, L	
Grill: Rich porcini mushroom risotto and Parma ham	G, L	 
Protein for the salad lunch:		
Crêpes, strawberry jam, and whipped cream	L	

Friday

Grilled bratwurst, sauerkraut and bacon stewed in sour cream, mashed potatoes		 
Saithe with hollandaise sauce and mashed potatoes	G, L	
Stir-fried vegetables and Quorn in a sweet and spicy sweet chili sauce, served with jasmine rice.		

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



Creamy spinach soup and eggs
Grill: Cheddar cheese burger and crispy country-style fries
Protein for the salad lunch:
Italian panna cotta and fresh berries

G, L

G, L

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≤ 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