Menu 05.10. - 11.10.

Monday

Soy sauce with sundried tomatoes (G,M) and whole grain oats (gluten free oats)	M	
Roasted chicken with herbs 1 pc/portion, bell pepper sauce and potatoes	G, L	FI
Tandoor pork with rice	G, M	FI
Puréed parsnip soup (portion inc 1 napas and side salad)	G, M	
Napas		
Chicken & pasta salad	M	FI
Tuna baguette	M	
Ananasrahkaa	G, L	
Cheeseburger with French fries (also CHICKEN, HALLOUMI or VEGAN burger available)		FI EU

Tuesday

Tofu-vegetable stuffed tortillas (stuffing G,M) 2 pcs/portion and tomato salsa G*	M	
Salmon meat balls 8 pcs/portion, sour cream sauce with chives and potatoes	G, L	
Sausage sauce with mashed potatoes	G, L	FI
Puréed sweet potato soup (portion inc 1 napas and side salad)	G, M	
Napas		
Goat cheese & beetroot salad		
Curry-chicken baguette	M	FI
Cardamom and berry bake with vanilla custard	L	
Cheeseburger with French fries (also CHICKEN, HALLOUMI or VEGAN burger available)		FI EU
Chicken gyros with pita bread, tzatziki and French fries	L	FI

Wednesday

Harissa seasoned vegetable stew with chickpeas (G,M), pita bread 1 pc/portion and soy gurt G*	M	
Chicken kebab in tomato sauce with rice	G, M	FI
Minced meat and macaroni casserole		FI
Puréed cauliflower and broccoli soup (portion inc 1 napas and side salad)	G, M	
Napas		
Tuna salad	G, M	
Tomato & mozzarella baguette	L	
Turkish yogurt, honey and granola	L	
Cheeseburger with French fries (also CHICKEN, HALLOUMI or VEGAN burger available)		FI EU
Oven baked potato with smoked salmon mousse	G, L	

Thursday

Pasta Bolognese made of soy (sauce G,M) 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

Lemon & smoked salmon pasta casserole G*	L	
Spinach pancakes 3 pcs/portion, lingonberry crush, sour cream and potatoes	L	
Puréed blach salsify soup (portion inc 1 napas and side salad)	G, M	
Napas		
Country style chicken salad	L	FI
Cottage cheese & tzatziki baguette	L	
Rice porridge with whipped vanilla and peach puré	G, L	
Cheeseburger with French fries (also CHICKEN, HALLOUMI or VEGAN burger available)		FI EU
Turkey fillet, chimichurri sauce, potato wedges and parmesan seasoned carrots	G	FI

Friday

Beetroot patties 3 pcs/portion, caper & horseradish soy gurt and rice	G, M	
Chicken & potato nacho casserole	G, L	FI
Minced meat sauce with mashed potatoes	G, L	FI
Asparagus soup (portion inc 1 napas and side salad)	G, M	
Napas		
Tomato & mozzarella pesto salad	L	
Blue cheese-chicken baguette	L	FI
Mustikka-banaanismoothieta	G, M	
Pinsa Friday		

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