Menu 12.10. - 18.10.

Monday		
Vegetable & soy wok with gluten free whole grain oats	G, M	
Curry-chicken sauce and potatoes	G, L	
Greek style cheese baguette	L	
Strawberry quark	G, L	
Tuesday		
Chili sin carne made of chickpeas with rice	G, M	
Tempura cod 3 pcs/portion, wasabi yogurt and rice	L	
Curry-chicken baguette	M	
Banaani-marjasmoothieta	G, L	
Wednesday		
Lentil & vegetable casserole (inc gluten free oat product)	G, M	
Pasta Bolognese (sauce G,M) G*	M	
Chicken curry baguette	M	
Pancakes with jam / 5 pieces per portion	L	
Thursday		
Sweet potato patties 2 pcs/portion, lemon seasoned soy gurt and potatoes	G, M	
Meat balls 8 pcs/portion, pepper corn sauce and potatoes G*	L	
Tuna baguette	M	
Omenapiirakkaa	M	
Friday		
Spicy lentil stew, coriander soy gurt with roasted potato and sweet potato wedges	G, M	
Chicken lasagnette G*	L	
Curry chicken baguette	M	
Mangomoussea	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 / 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