Menu 05.10. - 11.10.

Monday

Oven baked potato with BBQ seasoned organic tofu filling	M	
Chicken meatballs with bellpepper sauce and rice	G, L	FI
Kebab and potato casserole	G, L	FI
Pureed root vegetable soup	G, M	
Chicken and avocado salad	M	FI
Baguette of the day: Tuna	L	
Cheese burger and French fries		FI
Chicken tandoori, naan bread and basmati rice	L	FI
Minced meat soup	G, M	FI

Tuesday

Chiliroasted butternut pumpkin with beans and rice, chickpea hummus and roasted peanuts	G, M	
Minced meat patties with peppercorn sauce and mashed potatos	G, L	FI
Southern fried chicken with sweet and spicy mayonnaise, roasted potatos and roasted carrots	M	FI
Pureed pea soup	G, M	
Baguette of the day: Feta	L	
Warm smoked salmon salad	G, M	
Cheeseburger with French fries		FI
Smetana coated rainbow trout, cooked pototos and roasted beetroot	G, L	
Salmon soup	G, L	

Wednesday

Panko and sesame coated soy and vegetable patties with apple curry sauce and roasted potatos	M	
Crispy fish with mashed potatos and tartar sauce	L	
Curry chicken sauce with rice	G, L	FI
Leek onion and potato soup	G, M	
Greek salad	G, L	
Baguette of the day: Salmon	L	
Prawn bowl	G, M	
Sauteed game and mashed potatos	G, L	EU
Cheesy game soup	G, L	EU

Thursday

Cauliflower and mung bean curry with rice	G, M	
Pea soup and pancakes with jam	L	FI
Salmon and shrimp patties with garlic mayonnaise, potato wedges and steamed broccoli	L	
Vegan peasoup (price includes pancake)	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

Baguette of the day: mettwurst	L	
Chicken caesar salad		
Prawn bowl	G, M	
Slow-cooked beef brisket, bbq sauce and roasted potatos	M	
Peasoup	G, M	

Friday

Spicy lentil stew with cilantro soygurt and roasted potato and sweet potato wedges	G, M	
Tempura coated cod with wasabi yogurt and rice	L	
Chicken korma with rice	G, M	
Pureed carrot soup	G, M	
Tuna salad	G, M	
Baguette of the day: Bacon and avocado	L	
Pinsa: Serrano ham-red onion- aioli	L	
Teriyaki roasted chicken and basmati rice	M	
Sausage soup	G, M	

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