Menu 05.10. - 11.10.

Monday		
Bean ragu with boiled potatoes	G, M	
Frankfurter stroganoff with boiled potatoes	G, L	
Spinach soup with an egg	G, L	
Tuna fish baguette with side salad and drink	M	
Strawberry curd	G, L	
Tuesday		
Lentil and root vegetable lasagnette	M	
Pasta Bolognese	M	
Salmon soup	G, L	
Tomato and mozzarella baguette with side salad and drink	L	
Mango yoghurt	G, L	
Wednesday		
North African vegetable stew with boiled potatoes	G, M	
Fish Tikka Masala and boiled potatoes	G, M	
Frankfurter soup	G, M	
Chicken baguette with curry, side salad and drink	M	
Banana and berry smoothie	G, L	
Thursday		
Butter tofu with rice	G, M	
Butter chicken with rice	G, M	
Pea soup	G, M	
Feta baguette with side salad and drink	L	
Pancake with jam	L	
Friday		
Falafel and carrot patties with lemon and soy yoghurt and boiled potatoes	G, M	
Minced meat patties with sauce and boiled potatoes	G, L	
Carrot soup with cottage cheese	G, L	
BBQ ham baguette with side salad and drink	M	
Blueberry pie and vanilla sauce	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