Menu 12.10. - 18.10.

Monday

Vegetable chickpea curry with rice and fava beans	G, M	
Sweet and sour pork with rice	G, M	FI
Chicken nuggets with curry mayonnaise and roasted potatos	M	FI
Roasted bellpepper soup	G, M	
Tuna salad	G, M	
Baguette of the day: meetwurst-cheddar		FI
Pulled Beef hamburger with sweet potato fries	L	FI
Marry me chicken pasta	L	FI
Finnish fresh sausage soup	G, M	FI

Tuesday

Lentil and eggplant korma with potatos and roasted soy beans	G, M	
Cheesy chicken stew with rice	G, L	FI
Over cooked pork belly with garlic mayonnaise, roasted potatos and Brussels sprouts	L	FI
Champignon soup	G, M	
Country style chicken salad	L	FI
Baguette of the day: Tuna		
Pulled Beef hamburger with sweet potato fries		FI
Grilled rainbow trout and warm potato salad	G, M	
Salmon soup	G, L	

Wednesday

Roasted broccoli and chickpeas with peanut sauce and vegetable rice	G, M	
Tuna sauce and penne pasta	M	
Mexican style oven baked sausage with mashed potatos	G, L	FI
Pureed sweet potato soup	G, M	
Tomato and mozzarella pesto salad	L	
Baguette of the day: chili seasoned shrimp	M	
Pork minute steak with potato wedges, roasted vegetables and cajun seasoned butter	G, L	FI
Fired liver, mashed potatos and lingonberries	G, L	FI
Carrot and cheese soup	G, L	

Thursday

Pesto and potato sheet pizza	M	
Chicken and tomato pesto pasta	M	FI
Game meat meatballs, cream potatos, steamed asparagus beans and mint yogurt dressing	G, L	FI
Pureed fennel and root vegetable soup	G, M	

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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

Chicken caesar salad		FI
Baguette of the day: Mettwurst and egg	M	FI
Pork minute steak with potato wedges, roasted vegetables and cajun seasoned butter	G, L	FI
Fried cod, white wine and butter sauce and potato noisettes	L	
Shrimp soup	G, L	

Friday

Chickpea tikka masala and rice	G, M	
Rainbow trout patties with tartar sauce and potatos	L	
Pasta Bolognese	M	FI
Pureed parsnip soup	G, M	
Warm smoked salmon salad	G, M	
Baguette of the day: Teriyaki chicken	M	
Pizza minced meat - bacon - red onion	L	FI
Pizza Vegetarian: Feta - bell pepper - red onion	L	
Coconut beef and basmati rice	G, M	FI
Creamy chicken soup	G, L	FI

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