

Menu 02.11. - 08.11.

Monday

For starter: Cream of mushroom soup	VL	FI
Kyiv chicken, rice, curry mayo, roasted carrot	VL	
Vegetable meatballs, tomato sauce, pea pesto M G, couscous M	G, M	
Deli salad bar : Vegetable pizza	L	
Ice cream buffet	G, L	

Tuesday

Beet root soup	G, L	
Game stewroe deer , mashed potatoes, green beans, lingonberry	G, L	EU
Crumbled tofu on a bed of root vegetables, vegan chili mayo	G, M	
Sandwich Day: Chicken-Bacon filling with Dijon mayonnaise French fries	L	FI
Deli salad bar Vegetable omelet		
Appelsiini-mangosmoothie	G, L	

Wednesday

Creamy tomato soup	G, L	
Smoked salmon fish patties, dill potatoes, hollandaise sauce, warm vegetables	G, L	
Ham and salami casserole	G, L	FI
Feta cheese pasta	L	
Pork leaf steak, French fries, stir-fried vegetables, black pepper sauce	G, L	FI
Deli salad bar Chicken		
Apple-cinamon quark	G, L	

Thursday

Broccoli pyree soup	G, L	
Shawarma chicken M G, basmati rice, lime fraiche sauce L G, pita bread M Moroccan carrots M G	G, L	
Potato falafel, spiced tomato-pepper salad, hummus	G, M	
Pan-fried rainbow trout, dill potatoes, lemon sour cream sauce, steamed broccoli	G, L	
Deli salad bar Goat cheese	VL	
Crepes, jam, whipped cream	L	

Friday

Parsnip puree soup	G, L	
Grilled pork loin, creamy potatoes, choron sauce, warm vegetables	G, L	FI
Peppers stuffed with lentils, cold lemon sauce	G, L	
Hearty salad : Brie cheese	G	
Omenapiirakkaa	L	
Vaniljakastiketta	G, 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