

Menu 09.11. - 15.11.

Monday

Vabab in jalopeno-tomatosauce and Rice	M	
Mince meat sauce and roasted potatoes	G, M	FI
Chicken Nuggets 7pc/portion, sriracha mayo and roasted potatoes	M	FI
Roasted Red pepper soup	G, M	
Lunch Baguette	M	
Blueberry Quark	G, L	

Tuesday

Sweet potatoes and kale in peanut sauce and roasted potatoes	G, M	
Pollo limonello pasta casserole	L	FI
Ham casserole	G, L	FI
Broccoli puree soup	G, M	
Mozzarella Pesto Take Away salad	G	
Lunch baguette		
Lingonberry Caramel Quark	G, L	

Wednesday

Chili Roasted muskpumpkin, bean&rice, hummus and roasted peanuts	M	
Meatballs (7pcs/portion), pepper sauce and potatoes	L	FI
Oven baked sausages with cheese and mashed potatoes	G, L	FI
Mushroom soup	G, M	
Lunch Baguette	M	

Thursday

Vegan lasagna	L	
Salmon soup	G	
Tex Mex Chicken Hash	M	FI
Sweet potato puree soup	G, M	
Pesto Mozzarella Take Away salad	G	
Lunch Baguette		
Valkosuklaa-limepannacottaa	G	

Friday

Black bean stew with chili and chocolate, basmati rice and soy gurt	G	
Mince meat lasagnette	L	FI
Fish fingers 6pc/portion, tartar sauce and potatoes	L	
Vegetable puree soup	G, M	
Smoked salmon Take Away salad	G, M	
Roasted beef Lunch Baguette	L	
Toscapiirakkaa	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