

Menu 09.11. - 15.11.

Monday

Meatballs with creamy mustardsauce and mashed potatoes	G, M
Mifu stew with vegetable couscous	L
Turkey fillet with chimichurri and roasted asparagus and vegetables	G, M
Vegetable bortsch soup M,G with sour cream L,G	G, L
Salad garden with roast beef, tofu and Brie cheese	
Mariannemousse	

Tuesday

Breaded saithe with Caper mayo and dill potatoes	M
Vegetablemoussaka	G, L
Pork cutlet with seasoned butter and potato wedges	L
Ginger flavoured carrot soup	G, L
Salad garden with feta, turkey and vebab	VL
Berry yogurt	G, L

Wednesday

Karelian meat stew with boiled potatoes and lingonberries	G, M
Mie gorung tofu with noodle	M
Chicken gyros with French fries and tsaziki	L
Broccoli soup	G, L
Salad garden with halloumi, broad bean and prawn	G
Black currant and vanilla quark	G, L

Thursday

Chinese chicken stew with basmati rice	G, M
Broad bean bolognese with spaghetti and parmesan (please ask for gluten free)	M
Salmon burger and French fries	L
Pea and meat soup M,G incl. pork, mustard, pancake L incl. milk, wheat, egg, jam and whipped cream	L
Salad garden with tunafish, tofu and brie	G
Pannukakkua	L

Friday

Herb and garlic chicken with roasted potatoes	G, M
Vegetable filled zuccini and roasted vegetables with chickbean aioli	L, M
Sweet potato and jalopeno pure soup	G, L
Salad garden with Finnish oven cheese, pulled oats and turkey	G
Orange and passion pannacotta	G

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