

Menu 09.11. - 15.11.

Monday

Herb-marinated chicken fillet	G, L
Warming spicy lentil stew	G, M
North Sea herring patties with traditional cucumber salad	G, L
BBQ Burger with rustic fries	VL
Portobello Burger with rustic fries	M
Mango yogurt with responsibly sourced coffee and tea	G, L

Tuesday

Autumn pork casserole with seasonal vegetables	G, M
Atomitie pan-fried spinach pancakes	L
Pepperoni, onion and jalapeño sheet pizza	L
BBQ Burger with rustic fries	M
Portobello Burger with rustic fries	M
Blueberry pie with vanilla sauce, served with responsibly sourced coffee and tea	L

Wednesday

Pan-fried pork escalope with capers, lemon and fish	L, M
Atomitie's Creamy Ham and Potato Casserole	G, L
Vegetable balls	G, M
Bibim Mandu with chicken fillet	M
Bibim Mandu with marinated tofu	M
Marianne chocolate mint mousse with responsibly sourced coffee and tea	

Thursday

Homemade minced beef lasagne	L
Traditional herring steaks	L
Spiced tofu curry with roasted nuts	G, M
Bibim Mandu with chicken fillet	M
Bibim Mandu with marinated tofu	M
Åland-style pancake with responsibly sourced coffee and tea	L

Friday

Homemade meatballs in cream sauce	G, L
Spicy Courtbouillon fish soup	G, M
Colorful beetroot patties	G, M
Lemon and salmiac quark dessert, served with responsibly sourced coffee and tea	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