

Menu 09.11. - 15.11.

Monday

Lentil and Root Vegetable Lasagnette	M	
Chicken Kiev (1 pc/portion), mint yogurt, and rice	L	EU
Cheese-crusted pollock and dill potatoes	G, L	
Cheeseburger, French fries	L	FI
Vegan burger, French fries	M	
Turkey BBQ Baguette	M	FI

Tuesday

Sicilian-style eggplant stew and potatoes	G, M	
Chicken thighs (2 pcs/portion) in an orange-teriyaki sauce, served with rice	M	FI
Creamy fish soup	G, L	
Cheeseburger, French fries	L	FI
Vegan burger, French fries	M	
Roast Beef Meeat Sub	M	

Wednesday

Roasted beetroot, spinach and fava bean salad, rice, and lemon-soy yogurt	G, M	
Fried pork cutlet (1 pc/portion), chili mayonnaise, and roasted potatoes	M	EU
Spicy chili-chicken stew and boiled rice	G, M	FI
Cheeseburger, French fries	L	FI
Vegan burger, French fries	M	
Tomato and Mozzarella Baguette	G	

Thursday

Vegan Root Vegetable Hash	G, M	
Pyttipannu and a fried egg (1 per portion)	G, M	FI
Pea soup, pancake, and jam	L	FI
Vegetarian pea soup	G, M	
Cheeseburger, French fries	L	
Vegan burger, French fries	M	
Pancake with jam and whipped cream	L	
Greek cheese baguette	L	

Friday

Roasted zucchini, tomato-lentil stew, and Ras el Hanout-roasted chickpeas	G, M	
Chicken Lasagnette	L	FI
Minced meat patties (2 per portion), barbecue sauce, and French fries	L	FI

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