

Menu 09.11. - 15.11.

Monday

Butter chicken, basmati rice, naan bread, and cucumber raita	G, L	FI
Soy meatballs in tomato sauce and roasted vegetables	G, M	
Root vegetable puree soup	G, L	
Beef sirloin steak, pepper sauce, potato wedges and stir-fried vegetables €15.50	G, L	FI
Baked potato with Skagen filling	G, L	
Ice cream buffet	G, L	

Tuesday

Meatloaf, parsley potatoes, and mushroom sauce	L	FI
Forest mushroom soup	G, L	
Gratinated Pollo Limonello pasta with Parmesan	L	FI
Spring rolls, sweet chili sauce, fried rice, and stir-fried vegetables	M	
Oaty apple pie and custard	G, L	
From the cafe: Mozzarella salad	G, L	

Wednesday

Breadded flatfish, boiled potatoes, and sour cream dill sauce	L	
Vegetable moussaka (vegan) and feta spinach salad	G, L	
Sweet potato soup	G, L	
Korean chicken burger, gochujang mayo, French fries, and pickled red cabbage	M	FI
Portobello burger, gochujang mayo, French fries and pickled red cabbage	M	
From the café: Chicken salad		FI
Blueberry quark dessert	G, L	

Thursday

Cabbage rolls stewed in cream sauce, boiled potatoes, and mashed lingonberries	G, L	FI
Vegetable patties, black rice, and lentil sauce	G, L	
Roasted pepper soup	G, L	
Grilled rainbow trout, tartar sauce, dill potatoes, and stir-fried vegetables	G, L	
Quorn fillet, sweet potato wedges, vegan BBQ sauce and pico de gallo salsa	M	
Pancakes, jam, and whipped cream	L	

Friday

Corn-breaded chicken, basmati rice, teriyaki chili sauce, and cucumber-parsley salad	G, M	FI
Spinach pancakes, sour cream, and mashed lingonberries	L	
Black salsify puree soup	G, L	
Pizza Day Minced Meat-Red Onion	L	FI
Pizza Day Tomato-Mozzarella	L	
Marjasmoothie	G, M	

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