

Menu 16.11. - 20.11.

Monday

Minced meat patties, brown onion gravy, and Dijon mashed potatoes with roasted broccoli	G, L	FI
Leek and potato purée soup	G, L	
Tuna salad		
Peach-pineapple smoothie	G, L	

Tuesday

Soy and cabbage casserole with crushed lingonberries	G, M	
Broiler in teriyaki-chili sauce, steamed brown rice and roasted herb vegetables	M	FI
Tuna salad		
Raspberry dessert soup	G, M	

Wednesday

Butter tofu, mint sauce and rice	G, M	
Broiler and chorizo ⊠paella, garlic mayonnaise and seasonal vegetables	G, L	FI
Tuna salad		
Orange Rice	G, L	

Thursday

Soyballs in tomato sauce	G, M	
Smetana-topped pollock, mashed potatoes, and roasted vegetables	G, L	
Salad with salad cheese		
Pancake, jam and whipped cream	L	

Friday

Cheese and bean tortillas, salsa, and sour cream	L	
Ground meat tortillas, salsa, and sour cream	L	FI
Fried onion and bell pepper	G, L	
Salad with salad cheese		
Berry pie	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