

Menu 23.11. - 29.11.

Monday

Mac and cheese from the broiler	L
Chili con carne and rice (incl.pea)	G, M
Härkis Bolognese, spaghetti, and grated vegan cheese (incl.celery,pea)	M
Spinach soup and egg (incl.nutmeg)	G, L
Lounaan hedelmä	G, M
Persikka-ananassmoothieta	G, L
MyCafe E6 Baked potato with ham filling	G, L

Tuesday

Melt-in-the-mouth pork belly, dark orange sauce, and thyme potatoes	G, M
Pesto-crusted pollock and potatoes	G, VL
Halloumi and beetroot patties, yogurt sauce, and basmati rice	G, VL
Tomato and goat cheese soup	G, VL
Boysenmarjakiisseliä	G, M
Lounaan hedelmä	G, M
MyCafe E6 Pork and noodle wok	M

Wednesday

Herb-marinated chicken, lemon mayonnaise, and turmeric rice	G, M
Oven-roasted salmon fillet, sour cream sauce and potatoes	L, M
Root vegetable and bean hash (incl.soya,apple)	G, M
Black salsify cream soup	G, L
Lounaan hedelmä	G, M
Mustikkarahkaa	G, L
MyCafe E6 Creamy chicken tortelloni soup	L

Thursday

Pyttipannu and a fried egg	G, L
Breaded flounder fillet, dill-sour cream sauce, and potatoes	L
Warm vegetable salad and gratinated goat cheese	G, VL
Sweet potato purée soup	G, L
Lounaan hedelmä	G, M
MyCafe E6 Lemon-salmon pasta	L

Friday

Orange chicken and rice	G
Garlic-roasted meatballs, lemon mayonnaise, and french fries	G
Nutty pesto pasta	M
French onion soup	G, M
Lounaan hedelmä	G, M
Toscapiirakkaa	L
MyCafe E6 Pizza margherita	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