



Menu 27.10. - 02.11.

Maanantai

Salad bar	M	
Roasted bell pepper soup	G, L	
Japanese mushroom stew, sesame broccoli and rice	G, M	
Salmon and spinach lasagna	L	

Tiistai

Salad bar	M	
Asparagus soup	L	
Feta gratinated aubergine and stewed beluga lentil		
Meatloaf (FIN) with lingonberries and brown sauce	L	

Keskiviikko

Salad bar	M, G	
Cheese cauliflower soup	G, L	
Eggplant tortelloni with pesto sauce	VL	
Tofu poke bowl	G, M	

Torstai

Smoked salmon salad	M	
Tomato soup with chili and coriander	G, M	
Paella with mushrooms and beans	G, M	
Chicken (FIN) in sweet soy sauce	G, M	
Mango kiisel	G, M	

Perjantai

Salad bar	VL	
Forest mushroom soup	L	
Vegetarian pizza	L	
Ocean perch and hollandaise sauce	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 CO ₂ 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		