

Menu 06.07. - 10.07.

Maanantai

Salad bar

Vegetable borscht

G, M



Greek-style vegetable stew with mint yogurt.

G, L

Cabbage rolls (FIN) with lingonberry & mash

G, L



Tiistai

Salad Bar

Carrot & ginger soup

G, M



Pinto bean and mushroom paella

G, M



Tandoori cod with rice and yogurt sauce

G, L

Keskiviikko

Salad bar

Broccoli soup

G, L



Tofu Poke Bowl

M

Bell peppers stuffed with a lentil and soy filling.

G, M



Torstai

Salad Bar

Tomato soup

G, M



Forest mushroom risotto

G, L

Meatballs (FIN) with creamy mustard sauce and mashed potatoes.

L



Perjantai

Salad Bar

Creamy beetroot soup

G, L



Carrot-oat pancakes and lingonberry mash








L

Baltic herring meatballs Mashed potatoes with lemon Dill cucumber mayo

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 CO₂ e  Parempi valinta
 Vegaaninen  Opiskelija-ruokailusuos.
 Sisältää porsaanlihaa  Lihan alkuperämaa Suomi / EU / muu
 The country of meat origin: Finnish / EU / non-EU