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| |  |  |  | | --- | --- | --- | | **Metropolia Myllypuro Lounas** | | | | |  | | --- | | **Viikko 31** | | | | |  |  |  | | |  | | --- | | **Maanantai 2 elo touko** | | |  | |  | **Kotiruoka 1** | Lihamureketta 3 viipaletta / annos G, chilimajoneesia ja pastaa M | |  | **Kasvisruoka** | vegaani Kasvis-ratatouillea ja riisiä G,M | |  | **Jälkiruoka** | Hedelmäsmoothie G,L | |  |  |  | | |  | | --- | | **Tiistai 3 elo** | | |  | |  | **Kotiruoka 1** | Rapeat kalapalat 3 kpl/annos, jogurttikastiketta ja keitettyjä perunoita L | |  | **Kasvisruoka** | Vegepullia mangokastikkeessa ja riisiä G,M | |  | **Jälkiruoka** | Suklaamoussea | |  |  |  | | |  | | --- | | **Keskiviikko 4 elo touko** | | |  | |  | **Kotiruoka 1** | Broileria kookoskastikkeessa ja täysjyväriisiä G,M | |  | **Kasvisruoka** | vegaani Papu-linssipihvejä 3 kpl/annos, vegemajoneesikastiketta ja riisiä G,M | |  | **Jälkiruoka** | Marjarahkaa G,L | |  |  |  | | |  | | --- | | **Torstai 5 elo** | | |  | |  | **Kotiruoka 1** | Siskonmakkarakeittoa M | |  | **Kasvisruoka** | vegaani Bataattia ja lehtikaalia maapähkinäkastikkeessa ja täysjyväriisiä G,M | |  | **Jälkiruoka** | Omenapaistosta L | |  |  |  | | |  | | --- | | **Perjantai 6 elo** | | |  | |  | **Kotiruoka 1** | Lihapyöryköitä 8 kpl / annos, tomaattimajoneesia ja keitettyjä perunoita M | |  | **Kasvisruoka** | Pinaattiohukaisia,puolukkahilloa ja keitettyjä perunoita L | |  | **Jälkiruoka** | Marjavaahtoa | | | |
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