




Menu 15.07. - 21.07.



Monday

"Eat your veggies and more" All green market items are included in the buffet!

| | | |
|---|------|---|
| Carrot purée soup | G, L |  |
| Meatballs Arrabiata and spaghetti | L |   |
| Vegetables gratinated with goat cheese and vegetable rice | G, L | |
| Hehku's ice cream buffet | G, L | |




Tuesday

"Eat your veggies and more" All green market items are included in the buffet!

| | | |
|---|------|---|
| Parsnip purée soup | G, L | |
| Future50 Herb-garlic marinated chicken, roasted broad bean-root vegetables and chickpea aioli | G, L |  |
| Pulled oats and noodle wok with sesame-soy sauce | M |  |
| Berry yoghurt | G, L | |





Wednesday

"Eat your veggies and more" All green market items are included in the buffet!



| | | |
|---|------|---|
| Butternut squash purée soup | G, L |  |
| Breaded flounder, remoulade sauce, potatoes and vegetables | M |  |
| Homemade vegetable patties, roasted vegetables and lemon sour cream | L |  |
| Blueberry quark | G, L | |

Thursday

"Eat your veggies and more" All green market items are included in the buffet!









| | | |
|---|------|---|
| Broccoli purée soup | G, L |  |
| Long stewed beef cheek in bell pepper sauce and chili stewed potato | G, L |   |
| Avocado pasta and parmesan cheese | L |  |
| Pancakes with your choice of fillings | L | |

Friday

| | | |
|--|------|---|
| Smoked cheese burger and french fries | VL |  |
| "Eat your veggies and more" All green market items are included in the buffet! | | |
| Cauliflower soup | G, L |  |
| Warm shiitake and vegetable salad with fried halloumi | | |
| Coconut and pineapple mousse | 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 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 | | |