

Menu 21.10. - 27.10.

Monday

Sicilian eggplant and soy stew with potatoes

G, M



Butter Chicken with basmati rice

G, L



Meat balls in Arrabiatta sauce with pasta

M



Pureed parsnip soup (price includes 1-2 napas portions)

G, M



Baguette of the day: Salad cheese

VL

Tuna salad

G, M

Halloum burger with sweet potato fries

Tuesday

Coconut and organic tofu wok with rice

G, M



Chicken nuggets with curry mayonnaise and roasted potatoes

M



Almond coated cod with sweet potato mash and steamed broccoli

L

Tomato soup (price includes 1-2 napas portions)

G, M



Baguette of the day: Tuna

M

Goat cheese salad

Halloum burger with sweet potato fries

Wednesday

Bao Bun Sweet & Sour tofu (served in the main line)

M



Bao Bun Bulgog minced meat

M



Meat soup

G, M



Pureed sweet potato soup (price includes 1-2 napas portions)

G, M



Baguette of the day: tomato and mozzarella

Chicken caesar salad

L



Teriyaki chicken fillet poke bowl

M



Thursday

Pita bread with organic bean filling and organic bean salsa

M



Smoked salmon pasta

L



Southern fried chicken with aioli and potato wedges

M



Pureed broccoli soup (price includes 1-2 napas portions)

G, M



Baguette of the day: Chicken and pesto

M



Smoked salmon salad

G, M

Teriyaki chicken fillet poke bowl

M



Friday

Sweet potato and kale in peanut sauce with roasted potatoes and soybeans (in main line)

G, M



Crispy fried fish with tartar sauce and mashed potatoes

L



Chicken and taco salad

G, M

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



Pizza Mexicana (pepperoni-jalapeno-pineapple)
Pizza Feta-cahmpignon-bellpepper

L
L



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≤ 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



