

Menu 25.11. - 01.12.

Monday

Goat cheese covered beetroot and vegetarian rice
Beef and vegetables Korean style and rice
BBQ and pork baguette

G, VL 
M  (FI)
M   (FI)

Tuesday

Root puree soup
Tomato- mozzarella cheese pizza
Wiener soup and bananas
Crispy fish, citron mayonnaise and potatoes
BBQ and pork baguette

G, L  
L  
G, M    (FI)
L  
M   (FI)




Wednesday

Soy rolls, beetroot hummus and barley
Ham casserole
Green curry chicken and rice
BBQ and pork baguette

M   
G, L    (FI)
G, M  (FI)
M   (FI)

Thursday

Soy and cabbage casserole, lingonberry jam and potatoes
Tikka Masala seasoned fish and rice
Texas beef chili and rice
BBQ and pork baguette

G, M   
G, M  
G, M  (FI)
M   (FI)









Friday

Pesto and pasta
Chicken rolls, potatoes, and curry mayonnaise
BBQ and pork baguette

M   
G, M   (FI)
M   (FI)

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
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