

## Menu 18.11. - 22.11.

### Monday

Meatballs in Arrabiatta sauce with pasta  
Tomato and goat cheese soup  
Greek salad  
Fruit salad

M  
G, VL



### Tuesday

Coconut lime turkey with steamed rice  
Vegetable patties, vegetable rice, and parsley sour cream sauce  
Halloum salad  
Mango smoothie

G, L  
G, L  
G  
G, L



### Wednesday

Pan-fried coley in the baker's style, mashed potatoes, and roasted beets  
Paprika and cream cheese soup  
Tuna salad  
Coconut pudding with strawberry jam

L  
G, L  
G, M  
G, M

### Thursday

Herb-roasted chicken, paprika sauce, and roasted potatoes  
Cauliflower curry, Asian cabbage and carrot salad, and basmati rice  
goat cheese salad  
pancakes with jam and whipped cream

G, L  
G, M  
VL  
L









### Friday

Kebab in tomatosauce, rice and limestewed cabbage  
Root vegetable puree soup  
Chicken-taco salad  
Chocolate swiss roll

G, M  
G, L  
G, M  
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 CO<sub>2</sub> e  Parempi valinta  
 Vegaaninen  Opiskelija-ruokailusuos.  
 Sisältää porsaanlihaa    Lihan alkuperämaa Suomi / EU / muu  
 Healthy choice    Vegan    Recommended student meal    Including pork    The country of meat origin: Finnish / EU / non-EU