

Menu 20.01. - 26.01.

Monday

Meat balls in cheesy mushroom sauce
 Chicken in red curry sauce
 Vegan balls
 Ginger carrot pyre soup
 Apple cinnamon pie

G, L  
 G, M 
 G, M 
 G, L
 L

Tuesday

Breaded flounder, tartar sauce and potatoes
 Pumpkin pork stew with potatoes
 Spinach pancakes with lingonberries
 Herb tomato soup
 Lingonberry apple quark

Wednesday

Fried jerky chicken, plum tomato salsa, spiced rice
 Game stew with potato mash, lingonberries
 Chickpea tikka masala, spiced rice
 Indian pumpkin soup
 Cardamom berry bake and vanilla sauce

Thursday









Herb glazed trout balls, garlic mayo and potatoe mash
 Sausage potatoe hash with fried egg
 Avocadopasta, parmesan
 Beet goat cheese soup
 Chocolate mousse

Friday

Schnitzel with Bearnaise, cream potatoes
 Fish shrimp wok, rice
 Soy coconut korma, rice
 French onion soup
 Mango smoothie

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