





Menu 17.02. - 23.02.



Monday

Pan-fried steak, potatoes, creamy brown sauce and lingonberry	G, L	 
Tofu in sweet&sour sauce, rice	G, M	
Carrot puree soup	G, L	

Tuesday

Creamy beef stew, rice	G, L	
Tomato-olive fish, potato and lemon-yogurt	G, L	
Andalusian vegetable soup	G, L	


Wednesday

Mediterranean chicken, yogurt-cucumber sauce and rice	G, L	
Sweet potato-eggplant stew, rice	G, M	
Roasted pepper soup	G, L	

Thursday

Minced meat lasagnette	L	
Peasoup 8,70€ and Pancake, jam, cream 2,20€	L	 
Parsnip puree soup	G, L	

Friday

Kiev chicken, roasted potatoes, curry mayonnaise and vegetables	VL	
Vegetable patties, broad bean rice and parsley-cream sour cream sauce	G, L	
Cauliflower-broccoli puree soup	G, 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 CO₂ 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