




















Menu 24.02. - 02.03.








Monday

Vegetable risotto with vebab	M	  
Chicken noodle wok	M	 
Vegetable balls with eggplant tsatsiki sauce, rice and vegetables	L	
Pureed ginger and carrot soup	G, M	  
Smoked salmon salad	M	
Halloum burger with sweet potato fries	G, M	
Parmesan pork fillet and cauliflower gratin	L	
	M	 












Tuesday

Vegetable lasagne	M	  
Pesto coated saithe with warm orzo salad	VL	
Chicken in orange and teriyaki sauce with dirty rice	M	
Tomatosoup	G, M	  
Chicken caesar salad		
Halloum burger with sweet potato fries	L	
Corn coated chicken fillet and tofu-vegetable gratin	M	

Wednesday









Chili sin carne with rice	M	  
Creamy kebab hash	G, L	
Palak paneer with basmati rice	G, L	
Champignon soup	M	
Falafel salad	M	
Pork minute steak with roasted vegetables, chili butter and sweet potato fries	G, L	 
Beef wok, basmati rice and vegetables	M	

Thursday

Pita falafel with hummus	L	  
Crispy fish with mashed potatoes and dill sourcream	L	 
Salty sweet pork belly with aioli and potato wedges	G, M	 
Pureed vegetable soup	G, M	 
Shrimp and noodle salad	M	
Pork minute steak with roasted vegetables, chili butter and sweet potato fries	G, L	 
Smetana salmon and roasted beetroots	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

 ≤ 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



sodexo

Friday

Lentil and soy stew filled bellpeppers with lemon seasoned soygurt

G, L



Pollo limonello pasta

L



Korean BBQ pork wrap

L



Pureed sweet potato soup

G, M



Halloum salad

G

Pizza tomato and mozzarella









L

Pizza salmon and rucola

L

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