























Menu 17.03. - 23.03.













Monday

Vebab Veggie Cutlets in Tomato & Potato Casserole	M	  
Salmon Soup	G, L	 
Meatballs, Tomato-rosemary sauce and Potatoes	M	
Roasted Bell pepper Purée Soup	G, M	  
Baquette lunch	L	
Marianne Mint Chocolate Mousse	G, VL	 












Tuesday

Chili and Chocolate-Flavored Vegetable Stew made with Organic Black Beans, Basmati Rice and Soy Gurt	G, M	  
Pollo Limonello Pasta	L	
Cheesy Broccoli Patties, Parsley-Sour Cream and Potatoes	G, L	
Tomato Soup with Chili & Coriander	G, M	  
Baquette lunch	M	
Peach & Pineapple Smoothie	G, L	






Wednesday

Soy & Cabbage Casserole, Potatoes and Lingonberry Sauce	G, M	  
Chicken Kebab in Tomato Sauce with Rice	G, M	  
Falafel & Zucchini Patties, Honey Yogurt, and Potatoes	G, L	
Pea Purée Soup	G, M	  
Baquette lunch	VL	
Lingonberry & Caramel Quark	G, VL	

Thursday









Roasted Zucchini, Tomato & Lentil Stew and Ras el Hanout Roasted Organic Chickpeas	G, M	 
Tuna Lasagnette	L	
Frankfurter sausages and mashed potatoes	G, L	 
Spring Onion & Potato Purée Soup	G, M	  
Baquette lunch	M	 
White Chocolate & Lime Panna Cotta	G, L	

Friday

Chili Sin Carne made with minced plant-based protein and rice	M	  
Taco-seasoned Minced Meat Casserole	G, L	
Herbs & Garlic Stuffed Chicken Meatloaf Patties, Curry Mayonnaise and Roasted Potatoes	VL	
Carrot Purée Soup	G, 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



Baquette lunch

Tosca Pastry with Caramel and Almonds

M











L



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