
























## Menu 31.03. - 06.04.

### Monday

Organic Bean and Walnut Tagine	G, M	   
Baltic Sea Fish Dumplings with Tartar Sauce and Potatoes	G, L	  
Chicken and Sweet Tomato and Bell Pepper Sauce with Rice	G, M	  
Tuna Baquette	M	 











### Tuesday

Tacos with Vebab Filling, Mango Salsa and Rice	M	   
Meatballs and Arrabiata Sauce with Pasta	M	 
Creamy Rainbow Trout Soup	G, L	  
Tomato & Mozzarella Baquette	VL	 








### Wednesday

Korean Sesame and Garlic Tofu With Rice	M	   
Chicken Lasagnette	L	  
Kebab and Potato Casserole	G, L	 
Curry Chicken Baquette	M	  

### Thursday

Vegetarian Seitan and Potato Casserole	M	   
Traditional Pea Soup and Pancake (vegetarian on request)	L	   
Chicken and Lemon Sauce with Rice	G, L	 
Tomato & Mozzarella Baquette	VL	

### Friday

Spicy Lentil Stew with Rice	G, M	   
Breaded Flat Fish with Horseradish Sour Cream and Mashed Potatoes	L	
Homemade Spinach Pancakes with Lingonberry Jam and Mashed Potatoes	L	 
Ham & Cheese Baquette	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 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