

LUNCH – WEEK 28 (7.-13.7.2025)

MON	Lunch buffet	Spinach sauce -coated fish (L, G, A) Creamy chicken sauce (L, A), Blackcurrant jam (Veg, D, L, G)	8,60/10,70 €
	Warm Side Dishes	Boiled potatoes (Veg, D, L, G) Fried bulgur (D, L, A) Roasted brussels sprouts (Veg, D, L, G)	
	Soup lunch	Miso soup (Veg, D, L, G, A)	8,60/9,80 €
	Dessert	Rosehip and honey yogurt (L, G, A)	
TUE	Lunch buffet	Salami and bell pepper pasta bake (L, A) Butter turkey (L, G, A)	8,60/10,70 €
	Warm Side Dishes	Turmeric rice (Veg, D, L, G) Parsnip, zucchini and red onion bake (Veg, D, L, G)	
	Soup lunch	Arabian lentil soup (Veg, D, L, G, A)	8,60/9,80 €
	Dessert	Mango and passion fruit buttermilk jelly (L, G, A)	
WED	Lunch buffet	Crispy pollock fillets (L, A), Yogurt and chili dressing (L, G, A) Tex-mex chicken (D, L, G)	8,60/10,70 €
	Warm Side Dishes	Herb-roasted potatoes (Veg, D, L, G) Long-grain rice (Veg, D, L, G) Fennel and eggplant bake (Veg, D, L, G)	
	Soup lunch	Butternut squash soup (L, G, A)	8,60/9,80 €
	Dessert	Blackcurrant and raspberry kissel (Veg, D, L, G), Whipped cream (L, G, A)	
THU	Lunch buffet	Herb-seasoned chicken legs (D, L, G), Sriracha mayonnaise (D, L, G, A) Frankfurter sauce (L, A)	8,60/10,70 €
	Warm Side Dishes	Wild rice (Veg, D, L, G) Boiled potatoes (Veg, D, L, G) Roasted carrot (D, L, G)	
	Soup lunch	Pea soup (D, L, G, A), Onion (Veg, D, L, G)	8,60/9,80 €
	Dessert	Antell's homemade pancake, strawberry jam and whipped cream (L, A)	
FRI	Lunch buffet	Chipotle-spiced pulled pork burgers (D, L, A) Smoked salmon pasta (L, A)	8,60/10,70 €
	Warm Side Dishes	Herb-roasted potatoes (Veg, D, L, G) Roasted pin beans (Veg, D, L, G)	
	Soup lunch	Pureed sweet potato soup (L, G, A)	8,60/9,80 €
	Dessert	Licorice quark (L, G, A)	

We reserve the right to changes. **(Veg)** Vegan **(D)** Dairy free **(L)** Lactose free **(LL)** Low in lactose **(G)** Gluten free **(A)** Includes allergens. Includes some of the following allergens: eggs and egg products, milk and dairy products, shellfish, molluscs, fish, peanuts, sesame, soya, sulphur dioxide and sulphites, nuts, cereal's containing gluten, celery, mustard and lupin.

We use meat from Finland. We will notify in writing if the origin is some other country.