

LUNCH 15.7.

Vegetable hash L,M,G,*

pan-fried potatoes (contains potatoes, palm oil), carrot, onion, canned kidney beans (contains kidney beans, water, salt, sugar, firming agent E509), sweet corn, bell pepper, rapeseed oil, iodized salt, black pepper, chervil

Grated carrots

DINNER 15.7.

Bean and vegetable sauce G, L, A, *

water, carrot, cauliflower, onion, lactose-free vegetable fat mixture (contains SKIMMED MILK, water, rapeseed oil, modified maize and tapioca starch, emulsifier E 472 e, flavour, colour [betacarotene]), SOY BEANS, tomato purée (tomato, salt), corn starch, vegetable stock (contains salt, maltodextrin, vegetable powder [onion, parsnip, carrot, leek], natural aroma), iodized salt, oregano

Chicken and pasta casserole L

water, lactose-free vegetable fat mixture (contains SKIMMED MILK, water, rapeseed oil, modified maize and tapioca starch, emulsifier E 472 e, flavour, colour [betacarotene]), whole grain macaroni (contains WHEAT), chicken slices (contains chicken [Finland], iodized salt), onion, lactose-free grated cheese (MILK, salt, cultures, acidity regulator E509, colour E160a, E160b, maize starch), iodized salt, curry (contain clove, cumin, coriander, fenugreek), chicken stock (contain maltodextrin, salt, natural flavoring, onion, ground chicken, rosemary extract), parsley, turmeric, black pepper

Bean and vegetable sauce, M, G, VEG.

water, parsnip, bell pepper, onion, canned kidney beans (contains kidney beans, water, salt, sugar, firming agent E509), gluten-free vegetable fat mixture (contains water, OAT, rapeseed oil, emulsifying agent E1442, E412, E472e, modified starch, stabilizer E331), organic courgette, green beans, corn starch, vegetable stock (contains carrot, parsnip, onion, leek, salt, palm fat, yeast extract, glucose syrup, parsley extract, turmeric, flavor, rice flour, maltodextrin), iodized salt, curry (contain clove, cumin, coriander, fenugreek), parsley, black pepper, rapeseed oil

Chicken and pasta casserole L (GLUTENFREE)

water, lactose-free vegetable fat mixture (contains SKIMMED MILK, water, rapeseed oil, modified maize and tapioca starch, emulsifier E 472 e, flavour, colour [betacarotene]), gluten-free pasta (contains water, whole meal rice flour, rice flour), chicken slices (contains chicken [Finland], iodized salt), onion, lactose-free grated cheese (MILK, salt, cultures, acidity regulator E509, colour E160a, E160b, maize starch), rapeseed oil, iodized salt, curry (contain clove, cumin, coriander, fenugreek), chicken stock (contain maltodextrin, salt, natural flavoring, onion, ground chicken, rosemary extract), parsley, turmeric, black pepper

Rice L,M,G,*

Water, dark rice

Cucumber bites

Saturday 16.7.

Lunch 16.7.

Kasviskeppukka, pakaste PKL ja OL

vegetable fingers (contains pea, corn, carrot, potato, gluten-free breadcrumbs [rice flour, chickpea flour, corn starch, salt, dextrose], rapeseed oil, potato protein, rice starch, citrus fibre, spices [onion, garlic, paprika, coriander, turmeric, ginger, cayenne pepper, black pepper], thickeners E461, E407a, salt, sugar)

Mashed potatoes L,G

potatoes (antioxidant SULPHITE), water, lactose-free vegetable fat mixture (contains SKIMMED MILK, water, rapeseed oil, modified maize and tapioca starch, emulsifier E 472 e, flavour, colour [betacarotene]), vegetable margarine (contains vegetable fat [SG palm and coconut], rapeseed oil, water, salt, emulsifiers sunflower lecithin, aroma, vitamin A and D2, color E160a), iodized salt

Meat and macaroni casserole L*

water, lactose-free vegetable fat mixture (contains SKIMMED MILK, water, rapeseed oil, modified maize and tapioca starch, emulsifier E 472 e, flavour, colour [betacarotene]), whole grain macaroni (contains WHEAT), low-fat minced beef (contains beef [Finland], iodized sea salt), egg mass (contains pasteurized EGG, preservative E202, acidity regulator E330, emulsifiers E471, E475, salt), onion, iodized salt, meat stock (contain maltodextrin, salt, natural flavoring, beef extract, onion), white pepper

Yellow greated cabbage

white cabbage, water, rapeseed oil, white wine vinegar (antioxidant SULPHITE), sugar, turmeric

Mashed potatoes L,M,G

potatoes (antioxidant SULPHITE), water, vegetable margarine (contains vegetable fat [SG palm and coconut], rapeseed oil, water, salt, emulsifiers sunflower lecithin, aroma, vitamin A and D2, color E160a), iodized salt

Meat and macaroni casserole M, L, G

water, gluten-free vegetable fat mixture (contains water, OAT, rapeseed oil, emulsifying agent E1442, E412, E472e, modified starch, stabilizer E331), naturally gluten-free macaroni (contains water, corn flours), low-fat minced beef (contains beef [Finland], iodized sea salt), iodized salt, white pepper

DINNER 16.7.

Quorn with curry sauce L,G,*

water, quorn cubes (contains mushroom protein, EGG WHITE, aroma, thickeners E509, E263), lactose-free vegetable fat mixture (contains SKIMMED MILK, water, rapeseed oil, modified maize and tapioca starch, emulsifier E 472 e, flavour, colour [betacarotene]), corn starch, rapeseed oil, iodized salt, vegetable stock (contains salt, maltodextrin, vegetable powder [onion, parsnip, carrot, leek], natural aroma), curry (contain clove, cumin, coriander, fenugreek)

Pork stroganoff M, L, A, *

pork (contains pork [Finland], salt), water, onion, gherkin (contains e.g. gherkin, water, vinegar, sugar, salt, preservatives E211 and E212, stabilizers E509, natural aroma), pickle juice, tomato purée (tomato, salt), WHEAT FLOUR, meat stock (contains glucose syrup, salt, sugar, meat extract, maltodextrin, yeast extract, citric acid, palm fat, color E150c, flavor), rapeseed oil, allspice, paprika powder, black pepper

Dark rice

water, dark rice

Tomato

Organic tofu and vegetable sauce M, G, VEG.

water, parsnip, courgette, ***, gluten-free vegetable fat mixture (contains water, OAT, rapeseed oil, emulsifying agent E1442, E412, E472e, modified starch, stabilizer E331), bell pepper, onion, corn starch, rapeseed oil, curry (contain clove, cumin, coriander, fenugreek), parsley, iodized salt, sugar, vegetable stock (contains salt, maltodextrin, vegetable powder [onion, parsnip, carrot, leek], natural aroma), garlic, turmeric

Pork stroganoff L,M,G,*

water, roast pork (contains pork [Finland], sea salt), gherkin (contains e.g. gherkin, water, vinegar, sugar, salt, preservatives E211 and E212, stabilizers E509, natural aroma), tomato purée (tomato, salt), onion, rice flour, vegetable margarine (contains vegetable fat [SG palm and coconut], rapeseed oil, water, salt, emulsifiers sunflower lecithin, aroma, vitamin A and D2, color E160a), sugar, iodized salt, allspice, black pepper

LUNCH 17.7.

Lentil and vegetable stew L,M,G,*

water, carrot, courgette, red lentils, leek, tomato purée (tomato, salt), gluten-free soy sauce (contains e.g. SOY BEAN, salt), corn starch, vegetable stock (contains salt, maltodextrin, vegetable powder [onion, parsnip, carrot, leek], natural aroma), parsley, iodized salt, thyme, black pepper

Meat rissoles, OL

meat balls (contains beef, chicken and grain pork [Finland], water, SOYPROTEIN, potato flour, breadcrumbs [WHEAT], rapeseed oil, spices [onion, black pepper, paprika, allspice, lovage, fenugreek], stabilizer E322, iodized salt, dextrose, acidity regulators E508, E300, WHEAT fibre, aroma)

Brown sauce L

water, WHEAT FLOUR, vegetable margarine (contains vegetable fat [SG palm and coconut], rapeseed oil, water, salt, emulsifiers sunflower lecithin, aroma, vitamin A and D2, color E160a), lactose-free vegetable fat mixture (contains SKIMMED MILK, water, rapeseed oil, modified maize and tapioca starch, emulsifier E 472 e, flavour, colour [betacarotene]), gluten-free soy sauce (contains e.g. SOY BEAN, salt), sugar, vegetable stock (contains salt, maltodextrin, vegetable powder [onion, parsnip, carrot, leek], natural aroma), iodized salt, paprika powder, dark colouring for sauce (contains the colour E150a [caramel colour], water, salt), black pepper

Potatoes

Lemon-marinated red cabbage salad

red cabbage, rapeseed oil, lemon juice (contains preservative E202), sugar

Brown sauce L,M,G

water, vegetable margarine (contains vegetable fat [SG palm and coconut], rapeseed oil, water, salt, emulsifiers sunflower lecithin, aroma, vitamin A and D2, color E160a), rice flour, iodized salt, dark colouring for sauce (contains the colour E150a [caramel colour], water, salt), white pepper

DINNER 17.7.

Creamy mushroom and vegetable casserole L,G *

potato, lactose-free vegetable fat mixture (contains SKIMMED MILK, water, rapeseed oil, modified maize and tapioca starch, emulsifier E 472 e, flavour, colour [betacarotene]), carrot, pickled forest mushrooms (contains saffron milk cap, wine cap stropharia, granulated boletus, sheathed woodtuft, water, salt, citric acid E330), onion, leek, vegetable stock (contains salt, maltodextrin, vegetable powder [onion, parsnip, carrot, leek], natural aroma), iodized salt, chervil, tarragon, black pepper, white pepper

Creamy chicken and potato casserole

potato, lactose-free vegetable fat mixture (contains SKIMMED MILK, water, rapeseed oil, modified maize and tapioca starch, emulsifier E 472 e, flavour, colour [betacarotene]), chicken slices (contains chicken [Finland], iodized salt), iodized salt, curry (contains clove, cumin, coriander, fenugreek), ginger, white pepper

Grated carrots

Lentil and vegetable casserole, vegan Public M, G

potato, gluten-free vegetable fat mixture (contains water, OAT, rapeseed oil, emulsifying agent E1442, E412, E472e, modified starch, stabilizer E331), parsnip, carrot, red lentils, vegetable stock (contains carrot, parsnip, onion, leek, salt, palm fat, yeast extract, glucose syrup, parsley extract, turmeric, flavor, rice flour, maltodextrin), iodized salt, chervil, lovage, white pepper

Monday 18.7.

LUNCH

Vegetable and soy Bolognese L,M,G*,Veg

water, carrot, tomato purée (tomato, salt), onion, parsnip, soy groats (SOY BEAN), gluten-free soy sauce (contains e.g. SOY BEAN, salt), corn starch, sugar, rapeseed oil, vegetable stock (contains salt, maltodextrin, vegetable powder [onion, parsnip, carrot, leek], natural aroma), iodized salt, black pepper, basil, oregano

Fusilli L,M

water, twisted macaroni (contains WHEAT), rapeseed oil

Courgette

Pasta, glutenfrei, Semper L,M,G

water, naturally gluten-free macaroni (contains water, corn flours), rapeseed oil

DINNER 18.7.

Vegetable and cheese casserole

potato, lactose-free vegetable fat mixture (contains SKIMMED MILK, water, rapeseed oil, modified maize and tapioca starch, emulsifier E 472 e, flavour, colour [betacarotene]), water, vegetable mélange (contains e.g. carrot, Swedish turnip, parsnip, CELERY), lactose-free low-fat salad cheese (contains e.g. pasteurized MILK, preservative E202), onion, lactose-free cheese spread (contains CHEESE, water, BUTTER, emulsifying salts E452, E331, E339, salt, anti-caking agent E460), vegetable stock (contains salt, maltodextrin, vegetable powder [onion, parsnip, carrot, leek], natural aroma), basil, black pepper, oregano, iodized salt

Creamy ham and potato casserole L,G *

potato, lactose-free vegetable fat mixture (contains SKIMMED MILK, water, rapeseed oil, modified maize and tapioca starch, emulsifier E 472 e, flavour, colour [betacarotene]), ham strips (contains pork ham [Finland], water, potato starch, iodized salt, mineral salt [sodium and potassium chloride], acidity regulator E301, preservative E250), onion, water, iodized salt, meat stock (contains maltodextrin, salt, natural flavoring, beef extract, onion), black pepper, lovage, thyme

Cucumber

Vegetable casserole M, G

potato, gluten-free vegetable fat mixture (contains water, OAT, rapeseed oil, emulsifying agent E1442, E412, E472e, modified starch, stabilizer E331), vegetable mélange (contains e.g. carrot, Swedish turnip, parsnip, CELERY), ***, carrot, onion, black olives, iodized salt, basil, black pepper, oregano

LUNCH 19.7.

Broad bean lasagne Broad bean lasagne A,VS,L,*

lactose-free semi-skimmed MILK DRINK, crushed tomatoes (contains tomato, tomato juice, citric acid), carrot, lasagne sheets (contains WHEAT. May contain traces of EGG and SOY), water, Härkis® (contains fava beans, water, pea fiber, rapeseed oil, modified corn starch, iodized salt, onion extract, caramel colour, stabilizers E460, E461, vegetable fibre, black pepper), onion, parsnip, tomato purée (tomato, salt), WHEAT FLOUR, vegetable margarine (contains vegetable fat [SG palm and coconut], rapeseed oil, water, salt, emulsifiers sunflower lecithin, aroma, vitamin A and D2, color E160a), lactose-free grated cheese (MILK, salt, cultures, acidity regulator E509, colour E160a, E160b, maize starch), garlic, rapeseed oil, vegetable stock (contains carrot, parsnip, onion, leek, salt, palm fat, yeast extract, glucose syrup, parsley extract, turmeric, flavor, rice flour, maltodextrin), iodized salt, oregano, tarragon, thyme, black pepper, white pepper

Grated carrots

Vegetable lasagne, M G, VEG.

water, gluten-free organic lasagne sheets (contains corn flour, rice flour, water), gluten-free vegetable fat mixture (contains water, OAT, rapeseed oil, emulsifying agent E1442, E412, E472e, modified starch, stabilizer E331), parsnip, carrot, courgette, tomato, rice flour, leek, soy groats (SOY BEAN), vegetable stock (contains salt, maltodextrin, vegetable powder [onion, parsnip, carrot, leek], natural aroma), rapeseed oil, tomato purée (tomato, salt), corn starch, iodized salt, oregano, black pepper, tarragon

DINNER 19.7.

Vegetables au gratin L,G,*

water, carrot, cauliflower, broccoli, onion, lactose-free cheese spread (contains CHEESE, water, BUTTER, emulsifying salts E452, E331, E339, salt, anti-caking agent E460), corn starch, lactose-free vegetable fat mixture (contains SKIMMED MILK, water, rapeseed oil, modified maize and tapioca starch, emulsifier E 472 e, flavour, colour [betacarotene]), lactose-free grated cheese (MILK, salt, cultures, acidity regulator E509, colour E160a, E160b, maize starch), vegetable stock (contains salt, maltodextrin, vegetable powder [onion, parsnip, carrot, leek], natural aroma), iodized salt, rapeseed oil, sugar, chervil, tarragon, white pepper

Chicken in curry sauce L,G,*

water, chicken slices (contains chicken [Finland], iodized salt), lactose-free vegetable fat mixture (contains SKIMMED MILK, water, rapeseed oil, modified maize and tapioca starch, emulsifier E 472 e, flavour, colour [betacarotene]), corn starch, onion, lemon juice (contains preservative E202), chicken stock (contain maltodextrin, salt, natural flavoring, onion, ground chicken, rosemary extract), rapeseed oil, iodized salt, curry (contain clove, cumin, coriander, fenugreek), turmeric, paprika powder, white pepper

Dark rice L, M, G

water, dark rice

Graded carrot and cauliflower

Vegetables au gratin L, M, G

water, cauliflower, broccoli, carrot, onion, champignon, soy cream (contains water, vegetable oil, peeled SOY BEANS, glucose-fructose syrup, emulsifiers (fatty acids sucrose ester and SOY LECITHIN), stabilizers (guargum, xantan and carrageenan), sea salt aroma, antioxidant tocopherol extract), rice flour, vegetable margarine (contains vegetable fat [SG palm and coconut], rapeseed oil, water, salt, emulsifiers sunflower lecithin, aroma, vitamin A and D2, color E160a), iodized salt, chervil, curry (contain clove, cumin, coriander, fenugreek)

LUNCH 20.7.

Tofu and cocos curry L,M,G,*

carrot, cauliflower, water, coconut milk (contains coconut meat extract, water), ***, onion, peas, tomato, rapeseed oil, garlic, iodized salt, vegetable stock (contains salt, maltodextrin, vegetable powder [onion, parsnip, carrot, leek], natural aroma), curry (contain clove, cumin, coriander, fenugreek), ginger, chili pepper

Rice, L, M,G

water, long grain rice, rapeseed oil

Creamy minced meat and potato casserole L, G, A, *

potato, water, lactose-free vegetable fat mixture (contains SKIMMED MILK, water, rapeseed oil, modified maize and tapioca starch, emulsifier E 472 e, flavour, colour [betacarotene]), minced chicken and beef (contain chicken and beef [Finland], iodized salt), onion, corn starch, meat stock (contain maltodextrin, salt, natural flavoring, beef extract, onion), iodized salt, black pepper

Red cabbage

MIDDAG 20.7.

Chicken soup

Soy soup

LUNCH 21.7.

Vegetable croquettes L,M,G,Veg

vegetable croquettes (contain carrot, green beans, potato granules, rapeseed oil, leek, pea protein, modified corn starch, salt, maltodextrine, onion, curry, sweet pepper, garlic, sugar)

Mashed potatoes L,G

potatoes (antioxidant SULPHITE), water, lactose-free vegetable fat mixture (contains SKIMMED MILK, water, rapeseed oil, modified maize and tapioca starch, emulsifier E 472 e, flavour, colour [betacarotene]), vegetable margarine (contains vegetable fat [SG palm and coconut], rapeseed oil, water, salt, emulsifiers sunflower lecithin, aroma, vitamin A and D2, color E160a), iodized salt

Tomato

Mashed potatoes L,M,G

potatoes (antioxidant SULPHITE), water, vegetable margarine (contains vegetable fat [SG palm and coconut], rapeseed oil, water, salt, emulsifiers sunflower lecithin, aroma, vitamin A and D2, color E160a), iodized salt

DINNER 21.7.

Chickpea casserole L,G *

potato, lactose-free vegetable fat mixture (contains SKIMMED MILK, water, rapeseed oil, modified maize and tapioca starch, emulsifier E 472 e, flavour, colour [betacarotene]), canned chickpeas (contains chickpeas, water, salt, antioxidant E300), iodized salt, parsley, garlic, black pepper, oregano, allspice

Sausage sauce L,M,*

water, sausage (contains chicken and grain pork meat [Finland], water, potato flour, pork fat and rind, iodized salt, stabilizer E450, antioxidant E301, preservative E250), onion, WHEAT FLOUR, tomato purée (tomato, salt), meat stock (contains maltodextrin, salt, natural flavoring, beef extract, onion), rapeseed oil, iodized salt, white pepper

Boiled potatoes L,M,G,*

potatoes (antioxidant SULPHITE)

White cabbage

Vegetable and bean casserole L,M,G

potato, water, soy cream (contains water, vegetable oil, peeled SOY BEANS, glucose-fructose syrup, emulsifiers (fatty acids sucrose ester and SOY LECITHIN), stabilizers (guar gum, xanthan and carrageenan), sea salt aroma, antioxidant tocopherol extract), carrot, bean mixture (contains butter beans, romano beans, SOYBEANS and kidney beans), onion, leek, iodized salt, chervil, tarragon, black pepper

Sausage sauce L,M,G

water, sausage (contains pork, potato flour, water, lamb bowel, salt, sodium nitrite E250, antioxidant ascorbic acid), onion, tomato purée (tomato, salt), vegetable margarine (contains vegetable fat [SG palm and coconut], rapeseed oil, water, salt, emulsifiers sunflower lecithin, aroma, vitamin A and D2, color E160a), rice flour, iodized salt, black pepper

LUNCH 22.7.

Vegetable pasta with beans L,M

water, vegetable mélange [contains courgette, red sweet pepper, green sweet pepper, tomato, aubergine (contains vegetable oil), onion], penne pasta (contains WHEAT), pickled white beans, rapeseed oil, green olives, garlic, fennel, parsley, black pepper, oregano, tarragon, iodized salt

Chicken rissoles

chicken rissoles (contains chicken meat [Finland], water, SOY PROTEIN, breadcrumbs [WHEAT], pea fibre, potato flour, spices [garlic, ginger, chili], iodized salt, dextrose, yeast extract, aroma [chicken, black pepper, lemon], rapeseed oil)

Mashed potatoes L,G

potatoes (antioxidant SULPHITE), water, lactose-free vegetable fat mixture (contains SKIMMED MILK, water, rapeseed oil, modified maize and tapioca starch, emulsifier E 472 e, flavour, colour [betacarotene]), vegetable margarine (contains vegetable fat [SG palm and coconut], rapeseed oil, water, salt, emulsifiers sunflower lecithin, aroma, vitamin A and D2, color E160a), iodized salt

Cucumber

Mashed potatoes L,M,G

potatoes (antioxidant SULPHITE), water, vegetable margarine (contains vegetable fat [SG palm and coconut], rapeseed oil, water, salt, emulsifiers sunflower lecithin, aroma, vitamin A and D2, color E160a), iodized salt

Vegetable and pasta casserole L,M, VEG

water, naturally gluten-free macaroni (contains water, corn flours), gluten-free vegetable fat mixture (contains water, OAT, rapeseed oil, emulsifying agent E1442, E412, E472e, modified starch, stabilizer E331), parsnip, carrot, onion, soy groats (SOY BEAN), tomato purée (tomato, salt), basil, black pepper, oregano

Chicken rissoles, ERV Public

chicken meat balls (contains chicken meat [Finland], potato, potato starch, potato fibre, salt)

DINNER 22.7.

Kebab casserole L,G

potato, lactose-free vegetable fat mixture (contains SKIMMED MILK, water, rapeseed oil, modified maize and tapioca starch, emulsifier E 472 e, flavour, colour [betacarotene]), kebab meat contains beef [Finland], water, spices [onion, black pepper, lovage, garlic, fenugreek, sugar, SOY protein, potato fibre, salt, stabilizers E450, E451, emulsifier E1442, aroma), carrot, onion, vegetable stock (contains salt, maltodextrin, vegetable powder [onion, parsnip, carrot, leek], natural aroma), iodized salt, sugar, black pepper

Quorn in tomato and vegetable sauce L,M,G,*

seasoned tomato sauce (contains tomato sauce, salt, basil, oregano, onion, flavours), quorn cubes (contains mushroom protein, EGG WHITE, aroma, thickeners E509, E263), crushed tomatoes (contains tomato, tomato juice, citric acid), onion, carrot, leek, water, rapeseed oil, iodized salt, garlic, black pepper, basil, rosemary

Rice, naturel, L,M,G

water, long grain rice, rapeseed oil

Red cabbage

Tomato and bean sauce M, G, ERV

canned black beans (contains beans, water, salt, antioxidant E300), water, vegetable mélange (contains sweet pepper, onion, kidney beans, green beans, sweet corn), tomato, gluten-free vegetable fat mixture (contains water, OAT, rapeseed oil, emulsifying agent E1442, E412, E472e, modified starch, stabilizer E331), tomato purée (tomato, salt), onion, corn starch, rapeseed oil, vegetable stock (contains salt, maltodextrin, vegetable powder [onion, parsnip, carrot, leek], natural aroma), syrup, iodized salt, paprika powder, chili pepper, basil

LUNCH 23.7.

Carrot patties

carrot patties (contain carrot, rapeseed oil, gluten-free OAT bran, potato granules, onion, EGG, pea protein, iodized salt, white pepper, nutmeg)

Mashed potatoes L,G

potatoes (antioxidant SULPHITE), water, lactose-free vegetable fat mixture (contains SKIMMED MILK, water, rapeseed oil, modified maize and tapioca starch, emulsifier E 472 e, flavour, colour [betacarotene]), vegetable margarine (contains vegetable fat [SG palm and coconut], rapeseed oil, water, salt, emulsifiers sunflower lecithin, aroma, vitamin A and D2, color E160a), iodized salt

Cucumber

Mashed potatoes L,M,G

potatoes (antioxidant SULPHITE), water, vegetable margarine (contains vegetable fat [SG palm and coconut], rapeseed oil, water, salt, emulsifiers sunflower lecithin, aroma, vitamin A and D2, color E160a), iodized salt

Sweet potato and vegetable patties M, G, Vegan

sweet potato, sweet corn, rice flour, onion, rapeseed oil, iodized salt, garlic, curry (contain clove, cumin, coriander, fenugreek), cumin, chili spice mixture (contain chili pepper, cumin, oregano, garlic, anti-caking agent E551), black pepper