
AFTERNOON CLUB SNACK

Week 1

Mon	Carelian pasty (L), egg spread (M, L, G)/spread (M, L, G), drink, piece of fruit or vegetable
Tue	Fresh berry fool (G), bread (M, L), spread (M, L, G), juice (M, L, G)
Wed	Bread/roll (M, L), cheese (L, G), spread (M, L, G), milk (G)
Thu	Berry/fruit fool (M, L, G), bread (M, L), spread, milk
Fri	Berry pie/ small teacake (LL) /roll, milk (G)/hot drink, piece of fruit or vegetable

Week 2

Mon	Freshly-baked roll (M, L), spread (M, L, G), cheese (L, G), juice (M, L, G), piece of fruit or vegetable
Tue	Fresh berry fool (M, L, G), bread (M, L), spread (M, L, G), milk (G)
Wed	Sandwich (M, L)/roll (M, L), spread (M, L, G), cold cuts (M, L, G), milk (G), piece of fruit or vegetable
Thu	Berry/fruit curd cheese (G)/fruit salad (M, L, G), bread (G), spread (M, L), spread (M, L, G), drink
Fri	Light meat pasties (L), piece of fruit, milk (G)

Week 3

Mon	Fruit soup (M, L, G), cereal (M, L, G), bread (M, L), milk (G), piece of fruit
Tue	Carelian pasty (L), egg spread (M, L, G)/spread (M, L, G), piece of fruit or vegetable, milk (G)
Wed	Berry/fruit rice pudding (M, L)/ yoghurt (G), crispbread (M, L), spread (M, L, G), milk (G)
Thu	Hamburger (L) meat/fish, milk (G), piece of fruit
Fri	A la carte, 2-3 products e.g. roll (M, L)/piece of French bread (M, L), cheese (M, L, G), drink or chocolate milk (G), piece of fruit or vegetable

Week 4

Mon	Spinach/carrot pancake (LL), crushed berries (M, L, G), milk (G), piece of fruit or vegetable
Tue	Berry/fruit fool (M, L, G), bread (M, L), spread (M, L, G), milk (G)
Wed	Warm gratinated sandwich (L), milk (G), piece of fruit or vegetable
Thu	Strawberry milkshake (LL, G)/milk pudding (LL, G)/berry curd cheese (LL, G), bread (M, L), spread (M, L, G), drink
Fri	Berry pie (LL)/small teacake (LL), hot drink (G)/milk (G), piece of fruit or vegetable or roll (M, L), spread (M, L, G)/cheese (L, G), spread (M, L, G) piece of fruit or vegetable, milk (G)

Week 5

Mon	Freshly-baked roll (M, L), spread (M, L, G), cold cuts (M, L, G)/cheese (L, G), hot drink, piece of fruit or vegetable
Tue	Berry curd cheese (LL, G)/yoghurt (G)/fruit salad (M, L, G), bread (M, L), spread (M, L, G), juice
Wed	Sandwich (M, L), cheese (L, G)/spread (M, L, G), milk (G), piece of fruit or vegetable
Thu	Berry/fruit fool (M, L, G), bread (M, L), spread (M, L, G), milk (G)
Fri	Filled unleavened bread/unleavened bread or tortilla roll (LL), drink, piece of fruit or vegetable

Week 6

Mon	Fruit curd cheese (LL, G), bread (M, L), spread (M, L, G), drink
Tue	Bread (M, L), cold cuts (M, L, G)/cheese (L, G), spread (M, L, G), milk (G)
Wed	A la carte or fruit-vegetable tray, whole grain French bread (M, L), drink
Thu	Berry/chocolate rice pudding (M, L)/ berry yoghurt (G), crispbread (M, L), spread (M, L, G), milk (G), piece of fruit or vegetable
Fri	Pancakes/crepes (M, L), crushed berries (M, L, G), milk (G), piece of fruit or vegetable

Bread, crispbread and spread are provided with every snack.

A hot snack is served 1-2 times per week.

Fruit, vegetable (tomato, cucumber, bell pepper) or root vegetable is served depending on the content of the snack.

Dietary symbols (suitability for special diets):

M = product is milk-free L = product is lactose-free LL = low lactose G = product is gluten-free

/ (forward slash) = the food products are alternated on the snack menu