

Snackmenus for schools (City of Helsinki), Spring 2024
Compass Group, Amica-restaurants

Week 1	7, 13, 19
Monday	
Snack	Blueberry and banana curd dessert (*, A, G, L, N, S) Lucky bread (*, A, L, M, N, S, Veg) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
TUESDAY	
Snack	Rice flake porridge (A, L, N, S) Cinnamon sugar (G, L, M, N, S, Veg) Wholegrain bread (*, A, L, M, N, S, Veg) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
WEDNESDAY	
Snack	Strawberry kissel (G, L, M, N, S, Veg) Organic oat bread (A, L, N, S, Veg) Turkey escalope (*, G, L, M, N, S) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
THURSDAY	
Snack	Organic unflavoured yoghurt (A, G, L, N, S) Blueberry crush (G, L, M, N, S, Veg) Rye bread (*, A, L, M, N, S, Veg) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
FRIDAY	
Snack	Apple and cinnamon overnight oats (A, L, N, S) Organic oat bread (A, L, N, S, Veg) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
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Week 2	2, 14, 20
MONDAY	
Snack	Fruit salad (A, G, L, M, N, S, Veg) Rye bun (*, A, L, M, N, S, Veg) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
TUESDAY	
Snack	Blueberry kissel (G, L, M, N, S, Veg) Wholegrain bread (*, A, L, M, N, S, Veg) Hummus (*, A, L, M, N, S, Veg, VS) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and organic rye crisps Drinks and table spreads
WEDNESDAY	
Snack	Minced meat pie (A, L, S) Mixed-grain bread (*, A, L, M, N, S) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
THURSDAY	
Snack	Semolina porridge (*, A, L, N, S) Rosehip soup (G, L, M, N, S, Veg) Rye bread (*, A, L, M, N, S, Veg) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
FRIDAY	
Snack	Hot chocolate (A, G, L, N, S) Oat-rye hearts (*, A, L, M, N, S, Veg) Turkey escalope (*, G, L, M, N, S) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
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Week 3	3, 9, 15, 21
MONDAY	
Snack	Potato bread cake (A, L, M, N, S, Veg) Strawberry-flavored curd drink (A, L, N, S) Carrot hummus (*, A, L, M, N, S, Veg) Turkey escalope (*, G, L, M, N, S) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
TUESDAY	
Snack	Whipped lingonberry porridge (*, A, L, M, N, S, Veg) Lingonberries (G, L, M, N, S, Veg) Mixed-grain bread (*, A, L, M, N, S) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
WEDNESDAY	
Snack	Organic unflavored yoghurt (A, G, L, N, S) Peach purée (G, L, M, N, S, Veg) Organic Spelt bread (A, L, M, N, S, Veg) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and organic rye crisps Drinks and table spreads
THURSDAY	
Snack	Rice flake porridge (A, L, N, S) Blueberry soup (G, L, M, N, S, Veg) Wholegrain bread (*, A, L, M, N, S, Veg) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
FRIDAY	
Snack	Vanilla kissel (A, G, L, N, S) Berry jelly (G, L, M, N, S, Veg) Rye bun (*, A, L, M, N, S, Veg) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
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Week 4	4, 10, 16, 22
MONDAY	
Snack	Rice pasty (A, L, N, S) Egg butter (A, G, L, M, N, S) Orange soup (G, L, M, N, S, Veg) Wholegrain bread (*, A, L, M, N, S, Veg) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
TUESDAY	
Snack	Pear and cinnamon curd dessert (*, A, G, L, N, S) Wholegrain oat bread (*, A, L, M, N, S, Veg) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and organic rye crisps Drinks and table spreads
WEDNESDAY	
Snack	Mango kissel (G, L, M, N, S, Veg) Rye bun (*, A, L, M, N, S, Veg) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
THURSDAY	
Snack	Carrot crêpes (*, A, L, N, S) Blackcurrant crush (G, L, M, N, S, Veg) Rye bread (*, A, L, M, N, S, Veg) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
FRIDAY	
Snack	Strawberry overnight oats (A, L, N, S) Potato bread (*, A, L, M, N, S, Veg) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
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Week 5	5, 11, 17
MONDAY	
Snack	Mango and blueberry smoothie (A, G, L, N, S) Rye bun (*, A, L, M, N, S, Veg) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
TUESDAY	
Snack	Raspberry and lingonberry curd dessert (A, L, N, S) Bread cake from organic barley (A, N, S) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
WEDNESDAY	
Snack	Rice pasty (A, L, N, S) Egg butter (A, G, L, M, N, S) Pineapple soup (G, L, M, N, S, Veg) Wholegrain bread (*, A, L, M, N, S, Veg) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
THURSDAY	
Snack	Organic unflavoured yoghurt (A, G, L, N, S) Rosehip puree (G, L, M, N, S, Veg) Flatbread with barley grits (A, N, S) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
FRIDAY	
Snack	Fruit kissel (G, L, M, N, S, Veg) Rye bread roll (A, L, M, N, S, Veg) Turkey escalope (*, G, L, M, N, S) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
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WEEK 6	6, 12, 18
MONDAY	
Snack	Berry curd dessert (*, A, L, N, S) Potato bread cake (A, L, M, N, S, Veg) Fresh dose (A, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
TUESDAY	
Snack	Organic unflavoured yoghurt (A, G, L, N, S) Blueberry crush (G, L, M, N, S, Veg) Mixed-grain bread (*, A, L, M, N, S) Fresh dose (A, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
WEDNESDAY	
Snack	Whipped apple porridge (A, L, M, N, S, Veg) Apple (G, L, M, N, S, Veg) Low-fat Edam cheese (*, A, G, L, N, S) Oat bread cake (A, L, M, N, S, Veg) Fresh dose (A, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
THURSDAY	
Snack	Fruit salad (A, G, L, M, N, S, Veg) Hummus (*, A, L, M, N, S, Veg, VS) Wholegrain bread (*, A, L, M, N, S, Veg) Fresh dose (A, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
FRIDAY	
Snack	Raspberry pie (A, L, N, S) OR Warm tuna breads (A, L, N, S) Wholegrain bread (*, A, L, M, N, S, Veg) Fresh dose (A, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
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	OR-selection = the customer decides
	Product and suitability information subject to change. Always check the suitability information at your restaurant. Our staff willingly answer for questions concerning diets.
	Enjoy your meal!

