

MENU

Snack menus for after-school activity clubs, Helsinki schools, Palmia

WEEK 1	Weeks 5, 11, 17, 23, 29, 35, 41, 47				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Rose hip kissel L, M, G, VEG Rye bread L, M, K, S, VEG White cabbage L, M, G, K, S, VEG Banana L, M, G, K, S, VEG	Strawberry porridge with organic grains L, M, K, S, VEG Strawberry purée L, M, G, K, S, VEG Wholegrain bread L, M, K, S, VEG Ice lettuce L, M, G, K, S, VEG	Apricot quark L, G, K, S Pear L, M, G, K, S, VEG Oat bread L, M, K, S, VEG Carrot L, M, G, K, S, VEG	Rice pasty L, S Egg spread with organic egg L, M, G, S Organic apple L, M, G, K, S, VEG Tomato L, M, G, K, S, VEG	Oat bran bread L, M, K, S, VEG Blueberry soup L, M, G, K, S, VEG Edam cheese L, G, K, S Cucumber L, M, G, K, S, VEG Peeled swede L, M, G, K, S, VEG

Snack accompaniments, crisp bread and rye crisp, drink and bread spread

L = lactose-free, VL = low-lactose, M = non-dairy and G = gluten-free, S = pork-free, N = beef-free, VEG= vegan, * = Comply with Finnish nutrition recommendations

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WEEK 2	Weeks 6, 12, 18, 24, 30, 36, 42, 48				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Organic lingonberry porridge L, M, K, S, VEG Cucumber L, M, G, K, S, VEG Puréed lingonberry L, M, G, K, S, VEG Oat bread L, M, K, S, VEG Cucumber L, M, G, K, S, VEG	Organic pancake L, S Puréed berries L, M, G, K, S, VEG Bread with grains L, M, K, S, VEG Banana L, M, G, K, S, VEG	Blueberry quark L, G, K, S Wholegrain bread L, M, K, S, VEG Orange L, M, G, K, S, VEG Peeled swede L, M, G, K, S, VEG	Apple and pear kissel L, M, G, K, S, VEG Multigrain bread L, M, K, S, VEG Tomato L, M, G, K, S, VEG Pear L, M, G, K, S, VEG	Multigrain bread L, M, K, S, VEG Apricot nectar L, M, G, K, S, VEG Edam cheese L, G, K, S Cauliflower L, M, G, K, S, VEG Plum L, M, G, K, S, VEG

Snack accompaniments, crisp bread and rye crisp, drink and bread spread

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WEEK 3	Weeks 1, 7, 13, 19, 25, 31, 37, 43, 49				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Pizza bread L, K, S Ice lettuce L, M, G, K, S, VEG Clementine L, M, G, K, S, VEG	Mango kissel L, M, G, K, S, VEG Bread roll L, M, K, S, VEG Tomato L, M, G, K, S, VEG Cauliflower L, M, G, K, S, VEG	Organic redcurrant porridge L, M, K, S, VEG Puréed berries L, M, G, K, S, VEG Rye bread L, M, K, S, VEG Banana L, M, G, K, S, VEG	Organic lactose-free natural yoghurt L, G, K, S Pear purée L, M, G, K, S, VEG Wholegrain bread L, M, K, S, VEG Ice lettuce L, M, G, K, S, VEG Apple L, M, G, K, S, VEG	Oat bread L, M, K, S, VEG Liverwurst L, G, K Cucumber L, M, G, K, S, VEG Watermelon L, M, G, K, S, VEG Apple juice L, M, G, K, S, VEG

Snack accompaniments, crisp bread and rye crisp, drink and bread spread

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WEEK 4	Weeks 2, 8, 14, 20, 26, 32, 38, 44, 50				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Plain organic yoghurt L, G, K, S Apple purée L, M, G, K, S, VEG Rye bread L, M, K, S, VEG Cucumber L, M, G, K, S, VEG	Fruit salad L, M, G, K, S, VEG Oat bread L, M, K, S, VEG Pear L, M, G, K, S, VEG	Strawberry kissel L, M, G, K, S, VEG Multigrain bread L, M, K, S, VEG Cucumber L, M, G, K, S, VEG Apple L, M, G, K, S, Veg	Organic apricot porridge L, M, K, S, VEG Apricot purée L, M, G, K, S, VEG Grain bread L, M, K, S, VEG Banana L, M, G, K, S, VEG	Rice pasty L, S Smoked chicken slice L, M, G, K, S Bell pepper L, M, G, K, S, VEG Cauliflower L, M, G, K, S, VEG

Snack accompaniments, crisp bread and rye crisp, drink and bread spread

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WEEK 5	Weeks 3, 9, 15, 21, 27, 33, 39, 45, 51				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Rose hip quark L, G, K, S Bread roll L, M, K, S, VEG Cauliflower L, M, G, K, S, VEG Pear L, M, G, K, S, VEG	Carrot crepes L, M, G, K, S, VEG Rye bread L, M, K, S, VEG Cucumber L, M, G, K, S, VEG Apple L, M, G, K, S, Veg	Peach kissel L, M, G, K, S, VEG Grain bread L, M, K, S, VEG Bell pepper L, M, G, K, S, VEG Mandarin L, M, G, K, S, VEG	Organic blueberry porridge L, M, K, S, VEG Blueberry L, M, G, K, S, VEG Oat bread L, M, K, S, VEG Tomato L, M, G, K, S, VEG	Low-sugar cocoa L, G, K, S Organic multigrain bread L, M, K, S, VEG Smoke sauna-cured ham L, M, G, K Cucumber L, M, G, K, S, VEG Organic banana L, M, G, K, S, VEG

Snack accompaniments, crisp bread and rye crisp, drink and bread spread

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WEEK 6	Weeks 4, 10, 16, 22, 28, 34, 40, 46, 52				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Square rye bread with chicken filling L, S Tomato L, M, G, K, S, VEG Orange L, M, G, K, S, VEG Tomato juice L, M, G, K, S, VEG	Apricot kissel L, M, G, K, S, VEG Multigrain bread L, M, K, S, VEG Fruit L, M, G, K, S, VEG	Organic mango porridge L, M, K, S, VEG Mango purée L, M, G, K, S, VEG Oat bread L, M, K, S, VEG Bell pepper L, M, G, K, S, VEG	Lingonberry quark L, G, K, S Rye bread L, M, K, S, VEG Tomato L, M, G, K, S, VEG Organic apple L, M, G, K, S, VEG	Fruit salad L, M, G, K, S, VEG Oat bread L, M, K, S, VEG Cucumber L, M, G, K, S, VEG Carrot purée L, M, G, K, S, VEG

Snack accompaniments, crisp bread and rye crisp, drink and bread spread

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