Snack for the afternoon club, Helsinki Service Centre

**Week 1 Calendar weeks 34, 40, 46, 52**

- **Mon** Fresh roll (M VEG) / roll (M), spread (M G VEG), cheese (L G), milk (G), fresh fruit or vegetable wedges
- **Tue** Carrot pancake (L), berry purée (M G VEG), milk (G), fresh fruit or vegetable wedges
- **Wed** Rice/potato pasty (L), cheese (L G), spread (M G VEG), milk (G), fresh fruit or vegetable wedges
- **Thu** Fruit salad (M G VEG), soft bread (M VEG), spread (M G VEG), milk (G)
- **Fri** Filled rieska / rieska or tortilla roll (LL), milk (G), fresh pieces of vegetable VEGETARIAN OPTION: with cheese and vegetable filling

**Week 2 Calendar weeks 35, 41, 47**

- **Mon** Berry kissel (M G VEG), soft bread (M VEG), spread (M G VEG), beverage, fresh fruit or vegetable wedges
- **Tue** Fruit quark (L G), soft bread (M VEG), spread (M G VEG), beverage
- **Wed** Vegetable tray (M G VEG), roll (M VEG), cheese (L G) / meat slice (M G), milk (G) / hot chocolate (G)
- **Thu** Minced meat pizza (L) or warm, filled sandwich (L), milk (G), fresh fruit or vegetable wedges
- **Fri** Fruit smoothie (L G), soft bread (M VEG), spread (M G VEG), beverage

**Week 3 Calendar weeks 36, 42, 48**

- **Mon** Roll (M VEG), spread (M G VEG), meat slice (M G) / cheese (L G), milk (G) / hot chocolate (G), fresh fruit or vegetable wedges
- **Tue** Berry/fruit porridge (M VEG), crisp bread (M VEG), spread (M G VEG), milk (G)
- **Wed** Carrot pastry (L), egg spread (L G), milk (G), fresh fruit or vegetable pieces
- **Thu** Berry smoothie (L G) or berry yoghurt (L G), soft bread (M VEG), spread (M G), beverage
- **Fri** Vegetable tray (M G VEG), soft bread (M VEG), meat slice (M G), milk (G) VEGETARIAN OPTION: cheese (L G)

**Week 4 Calendar weeks 37, 43, 49**

- **Mon** Soft bread (M VEG), meat slice (M G) / cheese (L G), spread (M G VEG), milk (G), fresh fruit or vegetable wedges
- **Tue** Rice porridge (L), juice soup (M G VEG), crisp bread (M VEG), spread (M G VEG), milk (G)
- **Wed** Yeast dough pie with meat filling (M), milk (G), fresh fruit or vegetable wedges VEGETARIAN OPTION: Vegetable quiche (L)
- **Thu** Spinach pancakes (L), berry purée (M G VEG), milk (G), fresh fruit or vegetable wedges
- **Fri** Fruit kissel (M G VEG), roll (M VEG), spread (M G), milk (G)

**Week 5 Calendar weeks 32, 38, 44, 50**

- **Mon** Fruit quark (L G E), soft bread (M VEG), spread (M G VEG), milk (G)
- **Tue** Hotdog (M), ketchup, milk (G), fresh fruit or vegetable wedges
- **Wed** Fruit and vegetable tray (M G VEG), full grain baguette (M), cheese (L G), milk (G)
- **Thu** Berry pie (M), milk (G) / hot chocolate (G), fresh fruit or vegetable wedges
- **Fri** Berry/fruit yoghurt (L G), soft bread (M VEG), spread (M G VEG), beverage

**Week 6 Calendar weeks 33, 39, 45, 51**

- **Mon** Soft bread (M VEG), meat slice (M G) / cheese (L G), spread (M G VEG), milk (G), fresh fruit or vegetable wedges
- **Tue** Chicken pie (L), milk (G), fresh fruit or vegetable wedges VEGETARIAN OPTION: Vegetable quiche (L)
- **Wed** Rice/potato pasty (L), egg spread (M G VEG), milk (G), fresh fruit or vegetable wedges
- **Thu** Pancake (L), berry purée (M G VEG), milk (G), fresh fruit or vegetable wedges
- **Fri** Meat/fish hamburger (L), milk (G), fresh fruit or vegetable wedges. VEGETARIAN OPTION: Vegetable patty (M)

Crisp bread and spreads are also always available during snack times.
Warm snacks, 1 or 2 times a week.
Fresh fruit or vegetable wedges may include vegetables (e.g. tomato, cucumber, sweet pepper), root vegetables or fresh fruit, depending on the other dishes.

Notification of any changes in order quantities must be submitted at least three days before the delivery date (serving date). If the change in quantity exceeds ten snacks, notification of the change must be submitted at least five days before delivery.

Special diet codes (suitable for special diets):
- **M** does not contain milk
- **L** lactose-free
- **LL** low-lactose
- **VEG** vegan diet
- **G** gluten-free

/products are served alternately on the snack menu