

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)

fresh fruit or vegetable wedges

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 **VEGETARIAN OPTION:** Soy hot dog (L)

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), 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