

Snackmenus for schools (City of Helsinki), Amica-restaurants

Week 1	32, 38, 44, 50
Monday	
Snack	Organic unflavoured yoghurt (A,G,L,N,S), apricot puree (G,L,M,N,S,VEG), organic fresh peace of vegetables / fruits (G,L,M,N,S,VEG), fresh peace of vegetables / fruits (G,L,M,N,S,VEG)
Side dish	Grain roll (A,L,M,N,S,VEG), crispbread and organic rye crisps. Drinks and table spreads.
TUESDAY	
Snack	Whipped blackcurrant porridge with organic semolina (A,L,M,N,S,VEG), blackcurrants (G,L,M,N,S,VEG), vegetables / fruits (G,L,M,N,S,VEG)
Side dish	Whole grain bread / rye bread, crispbread and organic rye crisps. Drinks and table spreads.
WEDNESDAY	
Välipala	Rice pasty (A,L,N,S), Turkey escalope (*,G,L,M,N,S), vegetables / fruits (G,L,M,N,S,VEG)
Side dish	Crispbread and organic rye crisps. Drinks and table spreads.
THURSDAY	
Välipala	Quark (A,G,L,N,S), pear puree (G,L,M,N,S,VEG), vegetables / fruits (G,L,M,N,S,VEG)
Side dish	Whole grain bread / rye bread, crispbread and organic rye crisps. Drinks and table spreads.
FRIDAY	
Välipala	Warm chicken sandwich (A,L,N,S), cocoa (A,G,L,N,S), seasons fruits (G,L,M,N,S,VEG)
Side dish	Crispbread and organic rye crisps. Drinks and table spreads.
L = lactose-free, VL = low in lactose, M = milk-free ja G = gluten-free, S = pork-free, N = beef-free, VEG=vegan, *-sign= Feel well -signed part of meals are high-fiber, low salted and fatties are recommended.	

WEEK 2	33, 39, 45, 51
MONDAY	
Snack	Flat unleavened bread (A,VL,N,S), Light spinach and herb spread (A,G,L,N,S), seasons fruits (G,L,MN,S,VEG), vegetables (G,L,M,N,S,VEG)
Side dish	Whole grain bread / rye bread, crispbread and organic rye crisps. Drinks and table spreads.
TUESDAY	
Snack	Organic onion bread (A,L,M,N,S,VEG), low-fat cheese (*,A,G,L,N,S), vegetables (G,L,M,N,S,VEG), seasons fruits (G,L,M,N,S,VEG)
Side dish	Crispbread and organic rye crisps. Drinks and table spreads.
WEDNESDAY	
Snack	Oven-baked organic omelette with parsley (A,G,L,N,S), seasons fruits (G,L,M,N,S,VEG), vegetables (G,L,M,N,S,VEG)
Side dish	Whole grain bread / rye bread, crispbread and organic rye crisps. Drinks and table spreads.
THURSDAY	
Snack	Blueberry-grahamporridge (organic graham) (A,L,M,N,S,VEG), blueberries (G,L,M,N,S,VEG), vegetables(G,L,M,N,S,VEG)
Side dish	Whole grain bread / rye bread, crispbread and organic rye crisps. Drinks and table spreads.
FRIDAY	
Snack	Quark (A,G,L,N,S), rose hip puree (G,L,M,N,S,VEG), vegetables / fruits (G,L,M,N,S,VEG)
Side dish	Whole grain bread / rye bread, crispbread and organic rye crisps. Drinks and table spreads.
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WEEK 3	34, 40, 46, 52
MONDAY	
Snack	Rice pasty (A,L,N,S), avocado hummus (A,G,L,M,VS,N,S,VEG), vegetables (G,L,M,N,S,VEG), seasons fruits (G,L,M,N,S,VEG)
Side dish	Crispbread and organic rye crisps. Drinks and table spreads.
TUESDAY	
Snack	Organic unflavoured yoghurt (A,G,L,N,S), pear puree (G,L,M,N,S,VEG) vegetables / fruits (G,L,M,N,S,VEG)
Side dish	Whole grain bread / rye bread, crispbread and organic rye crisps. Drinks and table spreads.
WEDNESDAY	
Snack	Rye bread (*,A,L,M,N,S,Veg), broiler paste (A,G,L,N,S), fruit salad (G,L,M,N,S,VEG)
Side dish	Crispbread and organic rye crisps. Drinks and table spreads.
THURSDAY	
Snack	Organic carrot and seed bread (A,L,M,N,S,Veg), cold cuts (ham- or cheese) (*,G,L,M,N), vegetables (G,L,M,N,S,Veg), seasons fruits (G,L,M,N,S,VEG)
Side dish	Crispbread and organic rye crisps. Drinks and table spreads.
FRIDAY	
Snack	Oatmeal pancake (A,L,N,S), strawberry jam(G,L,M,N,S,Veg), cacao (A,G,L,N,S), vegetables / fruits (G,L,M,N,S,VEG)
Side dish	Crispbread and organic rye crisps. Drinks and table spreads.
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WEEK 4	35, 41, 47, 53
MONDAY	
Snack	Quark (A,G,L,N,S), apricot puree (G,L,M,N,S,VEG), vegetables / fruits (G,L,M,N,S,VEG)
Side dish	Whole grain bread / rye bread, crispbread and organic rye crisps. Drinks and table spreads.
TUESDAY	
Snack	Organic whipped blueberry porridge (A,L,M,N,S,VEG) blueberries (weeks 5,17,29) (G,L,M,N,S,VEG) Organic whipped lingonberry porridge (A,L,M,VEG) and lingonberries (weeks 11,23) (G,L,M,VEG), vegetables / fruits (G,L,M,N,S,VEG)
Side dish	Whole grain bread / rye bread, crispbread and organic rye crisps. Drinks and table spreads.
WEDNESDAY	
Snack	Organic focaccia (A,L,M,N,S,VEG), boiled organic egg (A,G,L,M,N,S) vegetables (G,L,M,N,S,VEG), seasons fruits (G,L,M,N,S,VEG)
Side dish	Crispbread and organic rye crisps. Drinks and table spreads.
THURSDAY	
Snack	Warm tuna sandwich (A,L,N,S), apricot yoghurt(*,A,G,L,N,S)
Side dish	Crispbread and organic rye crisps. Drinks and table spreads.
FRIDAY	
Snack	Semolina porridge with organic semolina (A,L,N,S), juice soup (G,L,M,N,S,VEG), seasons fruits (G,L,M,N,S,VEG)
Side dish	Crispbread and organic rye crisps. Drinks and table spreads.
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WEEK 5	36, 42, 48
MONDAY	
Snack	Deep-fried meat pastry (A,L,S), cacao (A,G,L,N,S), seasons fruits(G,L,M,N,S,VEG)
Side dish	Whole grain bread / rye bread, crispbread and organic rye crisps. Drinks and table spreads.
TUESDAY	
Snack	Organic unflavoured yoghurt (A,G,L,N,S), mango puree (G,L,M,N,S,VEG), flatbread (A,VL,N,S), vegetables (G,L,M,N,S,VEG)
Side dish	Whole grain bread / rye bread, crispbread and organic rye crisps. Drinks and table spreads.
WEDNESDAY	
Snack	Whipped apricot porridge (A,L,M,N,S,VEG), apricot (G,L,M,N,S,VEG), vegetables (G,L,M,N,S,VEG)
Side dish	Whole grain bread / rye bread, crispbread and organic rye crisps. Drinks and table spreads.
THURSDAY	
Snack	Strawberry fool (G,L,M,N,S,VEG), low-fat cheese (*,A,G,L,N,S), seasons fruits (G,L,M,N,S,VEG), vegetables (G,L,M,N,S,VEG)
Side dish	Whole grain bread / rye bread, crispbread and organic rye crisps. Drinks and table spreads.
FRIDAY	
Snack	Organic wheat and berry pie (A,N,S), seasons fruits (G,L,M,N,S,VEG), vegetables (G,L,M,N,S,VEG)
Side dish	Crispbread and organic rye crisps. Drinks and table spreads.
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WEEK 6	34, 40, 46, 52
MONDAY	
Snack	Rice pasty (A,L,N,S), spread made of margarin and hard cooked organic eggs (A,G,L,N,S) vegetables (G,L,M,N,S,Veg), seasons fruits(G,L,M,N,S,Veg)
Side dish	Crispbread and organic rye crisps. Drinks and table spreads.
TUESDAY	
Snack	Vegetable pie (A,L,N,S), vegetables (G,L,M,N,S,VEG), seasons fruits (G,L,M,N,S,VEG)
Side dish	Crispbread and organic rye crisps. Drinks and table spreads.
WEDNESDAY	
Snack	Organic sour whole milk (A,G,N,S), apricot puree(G,L,M,N,S,Veg), vegetables / fruits (L,M,N,S,Veg)
Side dish	Whole grain bread / rye bread, crispbread and organic rye crisps. Drinks and table spreads.
THURSDAY	
Snack	Rye porridge with lingonberries and organic rye(A,L,M,N,S,VEG), lingonberries (G,L,M,N,S,VEG), vegetables (G,L,M,N,S,VEG)
Side dish	Whole grain bread / rye bread, crispbread and organic rye crisps. Drinks and table spreads.
FRIDAY	
Snack	Berry fool (M,L,G,N,S,VEG), whole grain bread (*,A,L,M,N,S,Veg), porkkanahummusta (*,A,G,L,M,VS,N,S,VEG) vegetables (G,L,M,N,S,VEG), seasons fruits (G,L,M,N,S,VEG)
Side dish	Crispbread and organic rye crisps. Drinks and table spreads.
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	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!