

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

Week 1	32, 38, 44, 50
Monday	
Snack	Kaurarieskanen oats bread (A, L, M, N, S, Veg) Light spinach and herb spread (A, G, L, N, S) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
TUESDAY	
Snack	Carrot crêpes (*, A, L, N, S) Lingonberry 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
WEDNESDAY	
Snack	Organic whipped blueberry porridge (A, L, M, N, S, Veg) Blueberries (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
THURSDAY	
Snack	Rosehip curd dessert (*, A, G, L, N, S) Oat 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	Organic onion bread (A, L, M, N, S, Veg) Low-fat cream cheese (*, A, G, L, N,S) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and 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	Rice pasty (A, L, N, S) Low-fat cream cheese (*, A, G, L, N, S) Fresh dose (G, 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) Pear puree (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 organic rye crisps Drinks and table spreads
WEDNESDAY	
Snack	Organic sunflower bread (A, L, M, N, S, Veg) Light carrot spread (A, G, L, N, S) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
THURSDAY	
Snack	Rice porridge (A, G, L, N, S) Berry soup (G, L, M, N, S, Veg) Puikula 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	Berry curd dessert (*, A, G, L, N, S) 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
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Week 3	34, 40, 46
MONDAY	
Snack	Apricot curd dessert (*, A, G, L, N, S) 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	Organic foccaccia (A, L, M, N, S, Veg) Boiled egg (A, G, L, M, N, S) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
WEDNESDAY	
Snack	Whipped lingonberry porridge with organic semolina (A, L, M, N, S, Veg) Lingonberries (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 organic rye crisps Drinks and table spreads
THURSDAY	
Snack	Berry fool (G, L, M, N, S, Veg) Rye bread (*, A, L, M, N, S, Veg) Chicken spread (A, G, L, N, S) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
FRIDAY	
Snack	Tuna pizza slice (A, L, 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 4	35, 41, 47
MONDAY	
Snack	Organic unflavoured yoghurt (A, G, L, N, S) Mango pulp (G, L, M, N, S, Veg) Kaurarieskanen oats 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	Whipped apricot porridge (A, L, M, N, S, Veg) Apricots (G, L, M, N, S, Veg) Potato 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	Oven-baked omelette with parsley (A, G, L, N, S) Wholegrain oats 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	Fruit salad (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	Rye bread (*, A, L, M, N, S, Veg) Low-fat cream cheese (*, A, G, L, N, S) Fresh dose (G, L, M, N, S, Veg) Hot chocolate (A, G, L, N, S)
Side dish	Crispbread and rye crisps Drinks and table spreads
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Week 5	36, 42, 48
MONDAY	
Snack	Rice pasty (A, L, N, S) Egg butter (A, 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	Rye porridge with lingonberries and organic rye (A, L, M, N, S, Veg) Lingonberries (G, L, M, N, S, Veg) Oat 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	Organic sour whole milk (A, G, N, S) Apricot puree (G, L, M, N, S, Veg) 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
THURSDAY	
Snack	Strawberry fool (G, L, M, N, S, Veg) Wholegrain bread (*, A, L, M, N, S, Veg) Carrot hummus (*, A, G, L, M, N, S, Veg, VS) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
FRIDAY	
Snack	Peach and mango curd dessert (*, A, G, 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 6	37, 43, 49
MONDAY	
Snack	Organic unflavoured yoghurt (A, G, L, N, S) Apricot puree (G, L, M, N, S, Veg) Kaurarieskanen oat 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	Semolina porridge with organic semolina (A, L, N, S) Apple soup (G, L, M, N, S, Veg) Oat 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	Chicken and pineapple pizza slice (A, L, N, S) Fresh dose (G, L, M, N, S, Veg)
Side dish	Crispbread and rye crisps Drinks and table spreads
THURSDAY	
Snack	Pear and cinnamon curd dessert (*, A, G, L, N, S) 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	Rice pasty (A, L, N, S) Egg butter (A, 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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	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!