

2024/2025
after school-snack

WEEK 1

Monday

tiger small bread
gluten
slice of Emmental cheese
dairy
fruit compote
no added sugar
water

Tuesday

puffed rice cereals
gluten
carton of semi-skimmed milk
dairy
fresh fruits / water

Wednesday

country white bread 'pistolet'
gluten
slices of mozzarella
dairy
cherry tomatoes
fresh fruits / water

Thursday

multicereal little bread 'empereur'
gluten, soy, sesame
strawberry jam
carton of semi-skimmed milk
dairy
fresh fruits / water

Friday

turkey fillet bagnat bread
gluten, soy
carton of semi-skimmed milk
dairy
fresh fruits / water

WEEK 2

Monday

grissini
gluten
philadelphia
dairy
cucumber
water

Tuesday

cereal maya bread
spread with chocolate
gluten, sesame, dairy, nuts, soy
carton of semi-skimmed milk
dairy
fresh fruits / water

Wednesday

butter soft sandwich
gluten, dairy, egg
plain yoghurt
dairy
red fruit coulis
fresh fruits / water

Thursday

vanilla galette
gluten, egg
carton of semi-skimmed milk
dairy
fresh fruits / water

Friday

pistolet baked on stone
chicken fillet
gluten, dairy
carton of semi-skimmed milk
dairy
fruit compote
no added sugar
water

WEEK 3

Monday

craquelin
gluten
carton of semi-skimmed milk
dairy
fresh fruits / water

Tuesday

ciabatta
slice of Emmental cheese
gluten, dairy
fruit compote
no added sugar
water

Wednesday

corn flakes cereals
gluten
carton of semi-skimmed milk
dairy
fresh fruits / water

Thursday

Italian little bread
gluten
homemade green olive tapenade
carton of semi-skimmed milk
dairy
fresh fruits / water

Friday

butter multicereal bread
gluten, sesame, dairy
rice pudding
dairy
fresh fruits / water

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WEEK 4

Monday

chocolate croissant
gluten, dairy
carton of semi-skimmed milk
dairy

fresh fruits / water

Tuesday

sandwich with fresh cheese
gluten, dairy, egg, soy
(philadelphia)
dairy

fresh fruits / water

Wednesday

muesli with fruits
gluten
carton of semi-skimmed milk
dairy

fresh fruits / water

Thursday

white baguette with butter
gluten, dairy
cucumber

carton of semi-skimmed milk
dairy
water

Friday

slice of multicereal bread
gluten, soy, sesame
with speculoos paste
gluten, soy
carton of semi-skimmed milk
dairy
fresh fruits / water

WEEK 5

Monday

white little bread empereur
yellow fruit coulis
organic white cheese
dairy
fresh fruits / water

Tuesday

turkey fillet bagnat grey bread
gluten, soy
carton of semi-skimmed milk
dairy

fresh fruits / water

Wednesday

rice-crumpies cereals
gluten
carton of semi-skimmed milk
dairy

fresh fruits / water

Thursday

grey bread with gouda
gluten, dairy

fruit compote
no added sugar
water

Friday

cereal bread toast
strawberry jam
gluten, soy, sesame
carton of semi-skimmed milk
dairy
fresh fruits / water

WEEK 6

Monday

ciabatta
gluten
stuffed with philadelphia
dairy

fresh fruits / water

Tuesday

cereal fit flakes
gluten, dairy
carton of semi-skimmed milk
dairy

fresh fruits / water

Wednesday

white sandwich with flour
gluten, dairy, soy
butter on the side
dairy
carton of semi-skimmed milk
dairy
fruit compote
no added sugar
water

Thursday

multicereal bagnat
gluten, sesame, dairy
cork syrup

carton of semi-skimmed milk
dairy
fresh fruits / water

Friday

mini pagnotella rustica
gluten
dried tomato tapenade
mozzarella cubes
dairy
water

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