



# EU After-School care

## Sample monthly menu 2023-2024 for after-school



**\*PLEASE NOTE: we will be replacing the vanilla cakes twice with MUFFINS (allergens: gluten, egg, soya, milk)**

### LUNDI

### MARDI

### MERCREDI

### JEUDI

### VENDREDI

Monday
Bagnat bread turkey fillet
drinking yoghurt <i>1*6</i>
fresh fruits <i>7</i>
Water

Tuesday
Tiger bread with gouda
Fruit compote <i>1*7</i> <i>no added sugar</i>
Water

Wednesday
cereals puffed rice
Berlingot of semi-skimmed milk <i>1</i>
Fresh fruits <i>7</i>
Water

Thursday
Farmhouse bread
Philadelphia <i>1</i>
Assorted raw vegetables <i>7</i>
Water

Friday
brown bread mozzarella <i>1*7</i>
Fresh fruits
Water

Monday
Pistolet bread with red fruit coulis
Full cream yoghurt <i>1</i>
Fruit compote <i>7</i> <i>no added sugar</i>
Water

Tuesday
Fitness baguette chicken fillet
Berlingot of semi-skimmed milk <i>1*11</i>
Fresh fruits <i>7</i>
Water

Wednesday
Vanilla galette
Berlingot of semi-skimmed milk <i>1*3</i>
Fresh fruits <i>7</i>
Water

Thursday
grissini, various tapenades <i>1*7</i>
Fresh fruits <i>7</i>
Water

Friday
White bread with gouda <i>1*7</i>
Fresh fruits
Water

Monday
Craquelin
Berlingot of semi-skimmed milk <i>1</i>
Fresh fruits <i>7</i>
Water

Tuesday
Cereal sandwich strawberry jam
Berlingot of semi-skimmed milk <i>1*6</i>
Fresh fruits <i>7</i>
Water

Wednesday
corn flakes cereals
Berlingot of semi-skimmed milk <i>1</i>
fresh fruits <i>7</i>
Water

Thursday
Ciabatta mozzarella in slices <i>1*7</i>
Fruit compote <i>7</i> <i>no added sugar</i>
Water

Friday
Floured white bread with chicken <i>1*6*7</i>
drinking yoghurt <i>7</i>
Assorted raw vegetables
Water

Monday
Cereal bread yellow fruit coulis
Full cream yoghurt <i>1*7</i>
Fresh fruits <i>7</i>
Water

Tuesday
Chocolate croissant
Berlingot of semi-skimmed milk <i>1*7</i>
Fresh fruits <i>7</i>
Water

Wednesday
muesli with fruits
Berlingot of semi-skimmed milk <i>1</i>
Fresh fruits <i>7</i>
Water

Thursday
Sandwich with gouda <i>1*7</i>
Fresh fruits
Water

Friday
Multicereal Bagnat turkey fillet
Berlingot of semi-skimmed milk <i>1*6*7*11</i>
Fruit compote <i>7</i> <i>no added sugar</i>
Water

Allergens: 1 gluten / 2 shellfish / 3 eggs / 4 fish / 5 peanuts / 6 soybeans / 7 dairy / 8 nuts / 9 celery / 10 mustard / 11 sesame / 12 sulphite / 13 lupin / 14 molluscs