

## *Snacks 2025-26 / after school care*

### WEEK 1

<b>Monday</b>
<i>tiger small bread</i>
<i>gluten</i>
<i>slice of Emmental cheese</i>
<i>dairy</i>
<i>fruit compote</i>
<i>no added sugar</i>
<i>water</i>

<b>Tuesday</b>
<i>white country bread roll</i>
<i>gluten</i>
<i>sliced mozzarella</i>
<i>dairy</i>
<i>cherry tomatoes</i>
<i>fresh fruits / water</i>

<b>Wednesday</b>
<i>puffed rice cereals</i>
<i>gluten</i>
<i>carton of semi-skimmed milk</i>
<i>dairy</i>
<i>fresh fruits / water</i>

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

<b>Friday</b>
<i>turkey fillet bagnat bread</i>
<i>gluten, soy</i>
<i>carton of semi-skimmed milk</i>
<i>dairy</i>
<i>fresh fruits / water</i>

### WEEK 2

<b>Monday</b>
<i>grissini</i>
<i>gluten</i>
<i>philadelphia</i>
<i>dairy</i>
<i>cucumber</i>
<i>water</i>

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

<b>Wednesday</b>
<i>butter soft sandwich</i>
<i>gluten, dairy, egg</i>
<i>plain yoghurt</i>
<i>dairy</i>
<i>red fruit coulis</i>
<i>fresh fruits / water</i>

<b>Thursday</b>
<i>vanilla galette</i>
<i>gluten, egg</i>
<i>carton of semi-skimmed milk</i>
<i>dairy</i>
<i>fresh fruits / water</i>

<b>Friday</b>
<i>pistolet baked on stone</i>
<i>chicken fillet</i>
<i>gluten, dairy</i>
<i>carton of semi-skimmed milk</i>
<i>dairy</i>
<i>fruit compote</i>
<i>no added sugar</i>
<i>water</i>

### WEEK 3

<b>Monday</b>
<i>craquelin</i>
<i>gluten</i>
<i>carton of semi-skimmed milk</i>
<i>dairy</i>
<i>fresh fruits / water</i>

<b>Tuesday</b>
<i>ciabatta</i>
<i>slice of Emmental cheese</i>
<i>gluten , dairy</i>
<i>fruit compote</i>
<i>no aded sugar</i>
<i>water</i>

<b>Wednesday</b>
<i>Italian little bread</i>
<i>gluten</i>
<i>homemade green olive tapenade</i>
<i>carton of semi-skimmed milk</i>
<i>dairy</i>
<i>fresh fruits / water</i>

<b>Thursday</b>
<i>corn flakes cereals</i>
<i>gluten</i>
<i>carton of semi-skimmed milk</i>
<i>dairy</i>
<i>fresh fruits / water</i>

<b>Friday</b>
<i>butter multicereal bread</i>
<i>gluten, sesame, dairy</i>
<i>rice pudding</i>
<i>dairy</i>
<i>fresh fruits / water</i>

*This menu is subject to change depending on supplier availability*

*Approved by the dietary service - OIB CS*

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### WEEK 4

**Monday**

*muesli with fruits*  
*gluten*  
*carton of semi-skimmed milk*  
*dairy*

*fresh fruits / water*

**Tuesday**

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

*fresh fruits / water*

**Wednesday**

*chocolate croissant*  
*gluten, dairy*  
*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 multicerale 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**

*grey bread with gouda*  
*gluten, dairy*

*fruit compote*  
*no added sugar*  
*fresh fruits / water*

**Thursday**

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

*fresh fruits / water*

**Friday**

*cereal bread toast*  
*strawberry jam*  
*gluten, soy, sesame*  
*carton of semi-skimmed milk*  
*dairy*

*fresh fruits / water*

### WEEK 6

**Monday**

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

*fresh fruits / water*

**Tuesday**

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

**Wednesday**

*ciabatta*  
*gluten*  
*with Philadelphia*  
*dairy*

*fresh fruits / water*

**Thursday**

*multicerale bagnat*  
*gluten, sesame, dairy*  
*Liège 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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