

CANTEEN SNACKS

OCTOBER 2025

Monday, 29 September	Tuesday, 30 September	Wednesday, 01 October	Thursday, 02 October	Friday, 03 October
Cornflakes Half skimmed milk Fruit / water	Grey bread Gouda Sugar-free compote Water	White piccolos Pitted green olives or seasonal tomato / cucumber Olive oil Plain yogurt Fruit / water	Multigrain bread Chocolate spread Milk / fruit / water	Fitness baguette Farmhouse brie Fruit / water
Monday, 06 October	Tuesday, 07 October	Wednesday, 08 October	Thursday, 09 October	Friday, 10 October
Bagnat bread Kiri nature Fruit / water	Soft sandwich Jam Milk / fruit / water	Multigrain bread Butter Emmenthal Fruit / water	Ciabatta Olive oil Milk / fruit / water	Fruit muesli Milk / fruit / water
Monday, 13 October	Tuesday, 14 October	Wednesday, 15 October	Thursday, 16 October	Friday, 17 October
Pistolet Natural chicken fillet Milk / fruit / water	Baguette Honey Milk / fruit / water	Fitness bread Philadelphia (cream cheese) Fruit / water	Puffed rice Natural yogurt Fruit / water	Bagnat Cheddar Fruit / water
Monday, 20 October	Tuesday, 21 October	Wednesday, 22 October	Thursday, 23 October	Friday, 24 October
White bread Jam Milk / fruit / water	Grissini Vegetable tapenade Strawberry drinking yogurt Fruit / water	Grey baguette Peanut butter White cheese Fruit / water	Ciabatta Mozzarella / tomato Fruit / water	Soft sandwich Banana milkshake Fruit / water

Dairy : Yogurt or whole cream cheese

Milk : Half-skimmed milk

Bread : Tartine, pistolet, sandwich, brioche, fresh cramiqne from our baker, baguette, emperor bread, mini ciabatta, piccolo are products that are pre-cooked and finished in the kitchen