

CANTEEN SNACKS

OCTOBER 2026

Monday, 28 September	Tuesday, 29 September	Wednesday, 30 September	Thursday, 01 October	Friday, 02 October
Cornflakes Semi-skimmed milk Fruit / water	Wholemeal bread Fresh spreadble cheese Sugar-free fruit compote Water	White piccolo Pitted green olives or tomato / cucumber (in season) Olive oil Plain yogurt Fruit / water	Wholemeal bread Chocolate spread Milk / fruit / water	Baguette Chicken fillet Milk / fruit / water
Monday, 05 October	Tuesday, 06 October	Wednesday, 07 October	Thursday, 08 October	Friday, 09 October
Bagnat bread Plain kiri cheese Fruit / water	Soft sandwich Jam Milk / fruit / water	Grey bread Butter Melted cheese Fruit / water	Ciabatta Olive oil Milk / fruit / water	Fruit muesli Milk / fruit / water
Monday, 12 October	Tuesday, 13 October	Wednesday, 14 October	Thursday, 15 October	Friday, 16 October
Baguette Honey Milk / fruit / water	Pistolet Plain chicken fillet Milk / fruit / water	Grey bread Philadelphia Fruit / water	Choco cornflakes Plain yogurt Fruit / water	Bagnat Cheddar Fruit / water
Monday, 19 October	Tuesday, 20 October	Wednesday, 21 October	Thursday, 22 October	Friday, 23 October
White bread Jam Milk / fruit / water	Pretzel Vegetable tapenade Yogurt Fruit / water	Brown baguette Liège syrup Fromage blanc (fresh cheese) Fruit / water	Ciabatta Mozzarella / tomato Fruit / water	Soft sandwich Butter Fruit milkshake Water