











"Nutrimos con amor"

TEN SNACK 2026

JANUARY

Menu	MONDAY, 12TH	TUESDAY, 13TH	WEDNESDAY, 14TH	THURSDAY, 15TH	FRIDAY, 16TH
 Beverage	 Holiday Día de los Reyes Magos		Pineapple flavoured water	Kefir	Blackberry flavoured water
 Morning energiser			Mini cheese croissant	Mini mantecada	Almojábana
 Fruit			Papaya	Strawberry	Mango

Menu	MONDAY, 19TH	TUESDAY, 20TH	WEDNESDAY, 21ST	THURSDAY, 22ND	FRIDAY, 23RD
 Beverage	Kumis	Passion fruit flavoured water	Low-sugar yoghurt	Guava flavoured water	Spoonable yoghurt
 Morning energiser	Mini cinnamon roll	Cheesecake	Mini pandebono	Mini meat puff pastry	Oatmeal Cookie
 Fruit	Banana	Granadilla	Melon	Peach	Grapes

Menu	MONDAY, 26TH	TUESDAY, 27TH	WEDNESDAY, 28TH	THURSDAY, 29TH	FRIDAY, 30TH
 Beverage	Strawberry flavoured water	Low-sugar yoghurt	Lulo flavoured water	Milk	Kefir
 Morning energiser	Mini muffin with red berries	Achiras	Cheese puff pastry straws	Banana cake	Rice pop chips
 Fruit	Pineapple	Strawberry	Watermelon	Apple	Plum

*Note: this guideline may change, depending on the nutritional balance.