












"Nutrimos con amor"




TEN SNACK 2026

FEBRUARY

Menu	MONDAY, 2 ND	TUESDAY, 3 RD	WEDNESDAY, 4 TH	THURSDAY, 5 TH	FRIDAY, 6 TH
 Beverage	Mango flavoured water	Low-sugar yoghurt	Greek yoghurt	Oatmeal	Lulo flavoured water
 Morning Energiser	Baked chicken empanada	Pan de yuca	Cranberry muffin	Quinoa doughnuts	Snack cheese/Pop Corn
 Fruit	Melon	Peach	Grapes	Strawberry	Mini banana

Menu	MONDAY, 9 TH	TUESDAY, 10 TH	WEDNESDAY, 11 TH	THURSDAY, 12 TH	FRIDAY, 13 TH
 Beverage	Passion fruit flavoured water	Strawberry flavoured water	Spoonable yoghurt	Green fruits flavoured water	Yellow fruits flavoured water
 Morning Energiser	Chicken quiche	Cheese sandwich	Carrot muffin	Cheese puff pastry straws	Meat puff pastry
 Fruit	Tangerine	Apple	Watermelon	Mango	Melon

Menu	MONDAY, 16 TH	TUESDAY, 17 TH	WEDNESDAY, 18 TH	THURSDAY, 19 TH	FRIDAY, 20 TH
 Beverage	Pineapple flavoured water	Kumis	Mango flavoured water	Cocoa milk drink	Passion fruit flavoured water
 Morning Energiser	Achiras	Mantecada	Cinnamon roll	Almojábana	Rice pop chips
 Fruit	Watermelon	Mini banana	Grapes	Melon	Papaya

Menu	MONDAY, 23 RD	TUESDAY, 24 TH	WEDNESDAY, 25 TH	THURSDAY, 26 TH	FRIDAY, 27 TH
 Beverage	Milk	Blackberry flavoured water	Greek yoghurt	Strawberry flavoured water	Yoghurt with cereal
 Morning Energiser	Mini pan de yuca	Cheese croissant	Oatmeal Cookie	Cheesecake	Three-eyed cookie
 Fruit	Melon	Pineapple	Granadilla	Orange	Strawberry

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