













"Nutrimos con amor"

# TES SNACK 2026

## JANUARY

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

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

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

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