



"Nutrimos con amor"

TEN SNACK 2026

APRIL

Menu	MONDAY, 13TH	TUESDAY, 14TH	WEDNESDAY, 15TH	THURSDAY, 16TH	FRIDAY, 17TH
Beverage		Greek yoghurt	Apple flavoured water	Kefir	Mango flavoured water
Morning energiser		Rice pop chips	Pandebono	Cake	Snack cheese
Fruit		Orange	Pineapple	Strawberry	Papaya

Menu	MONDAY, 20TH	TUESDAY, 21ST	WEDNESDAY, 22ND	THURSDAY, 23RD	FRIDAY, 24TH
Beverage	Low-sugar yoghurt	Strawberry flavoured water	Spoonable yoghurt	Mango flavoured water	Mini yogurt with cereal
Morning energiser	Carrot muffin	Almojábana	Quinoa doughnuts	Chicken puff pastry	Cheese puff pastry straws
Fruit	Melon	Apple	Granadilla	Orange	Strawberry

Menu	MONDAY, 27TH	TUESDAY, 28TH	WEDNESDAY, 29TH	THURSDAY, 30TH	FRIDAY, 1ST
Beverage	Oatmeal	Red berries flavoured water	Milk	Green fruits flavoured water	
Morning energiser	Mini cheesecake	Mini cranberry muffin	Meat puff pastry	Ricotta quiche	
Fruit	Mango	Pineapple	Melon	Peach	

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