












"Nutrimos con amor"

# TES SNACK 2026

## APRIL

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

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

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

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