










"Nutrimos con amor"




# TEN SNACK 2026

## MAY

Menu	MONDAY, 4TH	TUESDAY, 5TH	WEDNESDAY, 6TH	THURSDAY, 7TH	FRIDAY, 8TH
 <b>Beverage</b>	Yogurt	Green fruits flavoured water	Greek yoghurt	Yellow fruits flavoured water	Kefir
 <b>Morning Energiser</b>	Oatmeal Cookie	Meat puff pastry	Mini cranberry muffin	Pandebono	Achiras
 <b>Fruit</b>	Peach	Tangerine	Pineapple	Strawberry	Orange

Menu	MONDAY, 11TH	TUESDAY, 12TH	WEDNESDAY, 13TH	THURSDAY, 14TH	FRIDAY, 15TH
 <b>Beverage</b>	Oatmeal	Spoonable yoghurt	Strawberry flavoured water	Mango flavoured water	Greek yoghurt
 <b>Morning Energiser</b>	Pan de yuca	Apple croissant	Snack cheese	Ricotta quiche	Poppy seed cake
 <b>Fruit</b>	Papaya	Granadilla	Mango	Mini banana	Melon

Menu	MONDAY, 18TH	TUESDAY, 19TH	WEDNESDAY, 20TH	THURSDAY, 21ST	FRIDAY, 22ND
 <b>Beverage</b>	 Holiday Día de la Ascensión	Lulo flavoured water	Mini yogurt with cereal	Oatmeal	Kumis
 <b>Morning Energiser</b>		Chicken vol-au-vents	Three-eyed cookie	Mini chicken pancerotti	Cheese puff pastry straws
 <b>Fruit</b>		Watermelon	Strawberry	Apple	Mini banana

Menu	MONDAY, 25TH	TUESDAY, 26TH	WEDNESDAY, 27TH	THURSDAY, 28TH	FRIDAY, 29TH
 <b>Beverage</b>	Passion fruit flavoured water	Milk	Low-sugar yoghurt	Blackberry flavoured water	Petit suisse cheese
 <b>Morning Energiser</b>	Cheese croissant	Baked meat empanada	Carrot muffin	Almojábana	Rice pop chips
 <b>Fruit</b>	Tangerine	Plum	Watermelon	Pineapple	Mango

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