



"Nutrimos con amor"

TES SNACK 2026

MAY

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

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

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

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

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