



"Nutrimos con amor"

TES SNACK 2026

AUGUST

Menu	MONDAY	TUESDAY	WEDNESDAY	THURSDAY, 13TH	FRIDAY, 14TH
 Beverage				Fruit kefir	Mango flavoured water
 Morning energiser				Bagel with cream cheese	Pan de bono
 Fruit				Melon	Pineapple

Menu	MONDAY, 17TH	TUESDAY, 18TH	WEDNESDAY, 19TH	THURSDAY, 20TH	FRIDAY, 21ST
 Beverage	 Holiday Asunción de la Virgen	Petit suisse cheese	Strawberry flavoured water	Kumis	Blackberry flavoured water
 Morning energiser		Oatmeal Cookie/ Cubes of fresh cheese	Chicken puff pastry	Cassava bread	Almojábana
 Fruit		Mango	Papaya	Blueberry	Peach

Menu	MONDAY, 24TH	TUESDAY, 25TH	WEDNESDAY, 26TH	THURSDAY, 27TH	FRIDAY, 28TH
 Beverage	Yoghurt with cereal	Green fruits flavoured water	Greek yoghurt	Passion fruit flavoured water	Yoghurt
 Morning energiser	Pera cheese	Arepa de choco with cheese	Orange and poppy seed cake	Meat puff pastry	Cheese puff pastry straws
 Fruit	Banana	Strawberry	Tangerine	Grapes	Watermelon

Menu	MONDAY, 31ST	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Beverage	Red berries flavoured water				
 Morning energiser	Wholemeal cheese sandwich				
 Fruit	Mango				

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