



"Nutrimos con amor"

TEN MERIENDA 2026 SEPTIEMBRE

Menu	MONDAY, 31ST	TUESDAY, 1ST	WEDNESDAY, 2ND	THURSDAY, 3RD	FRIDAY, 4TH
 Beverage		Spoonable yoghurt	Pineapple flavoured water	Kumis	Blackberry flavoured water
 Morning energiser		Oatmeal and banana muffin	Baked meat puff pastry	Oatmeal and honey waffle	Turkey ham wrap
 Fruit		Apple	Orange	Mini banana	Tangerine

Menu	MONDAY, 7TH	TUESDAY, 8TH	WEDNESDAY, 9TH	THURSDAY, 10TH	FRIDAY, 11TH
 Beverage	Yellow fruits flavoured water	Kefir	Mango flavoured water	Spoonable yoghurt	Lulo flavoured water
 Morning energiser	Baked chicken puff pastry	Cassava bread	Baked tuna empanada	Granola	Arepa de huevo
 Fruit	Melon	Peach	Strawberry	Mini banana	Mini banana

Menu	MONDAY, 14TH	TUESDAY, 15TH	WEDNESDAY, 16TH	THURSDAY, 17TH	FRIDAY, 18TH
 Beverage	Yoghurt with cereal	Passion fruit flavoured water	Greek yoghurt	Pineapple flavoured water	Kumis
 Morning energiser	Quinoa doughnuts	Cheese puff pastry straws	Oatmeal cookie	Wholemeal mini chicken sandwich	Cheesecake
 Fruit	Watermelon	Orange	Mini banana	Melon	Blueberry

Menu	MONDAY, 21ST	TUESDAY, 22ND	WEDNESDAY, 23RD	THURSDAY, 24TH	FRIDAY, 25TH
 Beverage	Apple flavoured water	Yoghurt	Yellow fruits flavoured water	Petit suisse cheese	Lulo flavoured water
 Morning energiser	Chicken quiche	Almojabana	Pera cheese	Buñuelo	Arepa with cheese
 Fruit	Papaya	Strawberry	Mango	Plum	Watermelon

Menu	MONDAY, 28TH	TUESDAY, 29TH	WEDNESDAY, 30TH	THURSDAY, 1ST	FRIDAY, 2ND
 Beverage	Kefir	Strawberry flavoured water	Yoghurt		
 Morning energiser	Apple croissant	Egg wrap	Carrot cake		
 Fruit	Melon	Granadilla	Grapes		

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