



"Nutrimos con amor"

# TEN SNACK 2026

## OCTOBER

| Menu                     | MONDAY                        | TUESDAY | WEDNESDAY, 14TH    | THURSDAY, 15TH                | FRIDAY, 16TH |
|--------------------------|-------------------------------|---------|--------------------|-------------------------------|--------------|
| <b>Beverage</b>          | <br>Holiday<br>Día de la Raza |         | Kefir              | Yellow fruits flavoured water | Kumis        |
| <b>Morning Energiser</b> |                               |         | Mini carrot muffin | Turkey and cheese wrap        | Pan de yuca  |
| <b>Fruit</b>             |                               |         | Apple              | Strawberry                    | Mini banana  |

| Menu                     | MONDAY, 19TH               | TUESDAY, 20TH | WEDNESDAY, 21ST       | THURSDAY, 22ND | FRIDAY, 23RD               |
|--------------------------|----------------------------|---------------|-----------------------|----------------|----------------------------|
| <b>Beverage</b>          | Strawberry flavoured water | Greek yoghurt | Mango flavoured water | Yoghurt        | Blackberry flavoured water |
| <b>Morning Energiser</b> | Mini meat puff pastry      | Almojábana    | Sándwich of cheese    | Buñuelo        | Mini chicken puff pastry   |
| <b>Fruit</b>             | Grapes                     | Peach         | Tangerine             | Pineapple      | Papaya                     |

| Menu                     | MONDAY, 26TH | TUESDAY, 27TH                | WEDNESDAY, 28TH          | THURSDAY, 29TH                | FRIDAY, 30TH              |
|--------------------------|--------------|------------------------------|--------------------------|-------------------------------|---------------------------|
| <b>Beverage</b>          | Kefir        | Strawberry flavoured water   | Low-sugar yoghurt        | Passion fruit flavoured water | Spoonable yoghurt         |
| <b>Morning Energiser</b> | Pan de bono  | Pear cheese/Wholemeal cookie | Mini baked meat empanada | Chicken beaguel               | Cheese puff pastry straws |
| <b>Fruit</b>             | Watermelon   | Mango                        | Orange                   | Melon                         | Tangerine                 |

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