



"Nutrimos con amor"

TES SNACK 2026

OCTOBER

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

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

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

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