THE ENGLISH NURSERY

GREAT MOMENTS, GREAT THOUGHTS



"Nutrimos con amor"

TEN SNACK 2026
NOVEMBER

Menu	MONDAY, 2ND	TUESDAY, 3RD	WEDNESDAY, 4TH	THURSDAY, 5TH	FRIDAY, 6TH
Beverage	Holiday Día de Todos los Santos	Pineapple flavoured water	Petit suisse cheese	Blackberry flavoured water	Kefir
Morning Energiser		Meat puff pastry	Mantecada	Cheese sandwich	Decorated muffin
Fruit		Grapes	Plum	Mango	Apple

Menu	MONDAY, 9TH	TUESDAY, 10TH	WEDNESDAY, 11TH	THURSDAY, 12TH	FRIDAY, 13TH
Beverage	Green fruits flavoured water	Oatmilk	Mango flavoured water	Yoghurt with cereal	Low-sugar yoghurt
Morning Energiser	Chicken puff pastry	Quinoa doughnuts	Almojábana	Granola bar	Cheese puff pastry straws
Fruit	Papaya	Strawberry	Tangerine	Peach	Watermelon

Menu	MONDAY, 16TH	TUESDAY, 17TH	WEDNESDAY, 18TH	THURSDAY, 19TH	FRIDAY, 20TH
Beverage	Holiday Independencia de Cartagena	Greek yoghurt	Passion fruit flavoured water	Pineapple flavoured water	Low-sugar yoghurt
Morning Energiser		Wholemeal cookie	Baked chicken empanada	Cheese croissant	Achiras
Fruit		Mini banana	Apple	Orange	Melon

Menu	MONDAY, 23RD	TUESDAY, 24TH	WEDNESDAY, 25TH	THURSDAY, 26TH	FRIDAY, 27TH
Beverage	Oatmilk	Passion fruit flavoured water	Kumis	Lulo flavoured water	OPEN DAY
Morning Energiser	Cinnamon roll	Chicken quiche	Cereal	Muffin with cocoa chips	
Fruit	Mango	Pineapple	Mini banana	Watermelon	

Menu	MONDAY, 30TH	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beverage	Milk				
Morning Energiser	Pan de bono				
Fruit	Papaya				

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