The English School



"Nutrimos con amor"

TES SNACK 2026
NOVEMBER

Menu	MONDAY, 2ND	TUESDAY, 3RD	WEDNESDAY, 4TH	THURSDAY, 5TH	FRIDAY, 6TH
Beverage	Holiday Día de Todos los Santos	Kumis	Guava flavoured water	Greek yoghurt	Passion fruit flavoured water
Morning Energiser		Orange and poppy seed cake	Arepa with cheese	Oatmeal and fruit muffin	Chicken and cheese wrap
Fruit		Blueberry	Mango	Watermelon	Tangerine

Menu	MONDAY, 9TH	TUESDAY, 10TH	WEDNESDAY, 11TH	THURSDAY, 12TH	FRIDAY, 13TH
Beverage	Lulo flavoured water	Kefir	Blackberry flavoured water	Yoghurt	Strawberry flavoured water
Morning Energiser	Meat puff pastry	Pandebono	Turkey and cheese sandwich	Oatmeal and honey waffle	Cheese puff pastry straws
Fruit	Strawberry	Peach	Melon	Banana	Orange

Menu	MONDAY, 16TH	TUESDAY, 17TH	WEDNESDAY, 18TH	THURSDAY, 19TH	FRIDAY, 20TH
Beverage	Holiday Independencia de Cartagena	Pineapple flavoured water	Kumis	Red berries flavoured water	Milk
Morning Energiser		Chicken quiche	Cheese muffin	Tuna empanada	Cinnamon roll
Fruit		Apple	Grapes	Mango	Pineapple

Menu	MONDAY, 23RD	TUESDAY, 24TH	WEDNESDAY, 25TH	THURSDAY, 26TH	FRIDAY, 27TH
Beverage	Apple flavoured water	Kefir	Yellow fruits flavoured water	Yoghurt with cereal	OPEN DAY
Morning Energiser	Arepa de huevo	Pan de yuca	Chicken puff pastry	Rice pop chips	
Fruit	Papaya	Plum	Melon	Watermelon	

Menu	MONDAY, 30TH	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beverage	Kumis				
Morning Energiser	Apple croissant				
Fruit	Strawberry				

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