




TES SNACK 2024






"Nutrimos con amor"




SEPTEMBER

MENU	MONDAY 2ND	TUESDAY 3RD	WEDNESDAY 4TH	THURSDAY 5TH	FRIDAY 6TH
 BEVERAGE	Spoonable yoghurt	Pineapple flavoured water	Petit suisse cheese	Blackberry flavoured water	Cocoa milk drink
 MORNING ENERGISER	Quinoa doughnuts	Mini meat puff pastry	<i>Mini mantecada</i>	Cheese sandwich	<i>Mini buñuelo</i>
 FRUIT	Peach	Grapes	Plum	Mango	Melon

MENU	MONDAY 9TH	TUESDAY 10TH	WEDNESDAY 11TH	THURSDAY 12TH	FRIDAY 13TH
 BEVERAGE	Lulo flavoured water	Oatmeal	Mango flavoured water	Mini yogurt with cereal	Low-sugar yoghurt
 MORNING ENERGISER	Mini chicken puff pastry	Cheese cookie	<i>Mini almojábana</i>	Mini cracker	Cheese puff pastry straws
 FRUIT	Papaya	Strawberry	Tangerine	Peach	Watermelon

MENU	MONDAY 16TH	TUESDAY 17TH	WEDNESDAY 18TH	THURSDAY 19TH	FRIDAY 20TH
 BEVERAGE	Guava flavoured water	Greek yoghurt	Passion fruit flavoured water	Pineapple flavoured water	Low-sugar Milo
 MORNING ENERGISER	Carrot cake	Wholemeal fibre cookie	Poppy seed muffin	Mini cheese croissant	<i>Achiras</i>
 FRUIT	Granadilla	Mini banana	Apple	Orange	Melon

MENU	MONDAY 23RD	TUESDAY 24TH	WEDNESDAY 25TH	THURSDAY 26TH	FRIDAY 27TH
 BEVERAGE	Oatmeal	Passion fruit flavoured water	Kumis	Lulo flavoured water	Low-sugar yoghurt
 MORNING ENERGISER	Mini cinnamon roll	Chicken quiche	Cereal	Cranberry muffin	Oatmeal Cookie
 FRUIT	Mango	Pineapple	Mini banana	Watermelon	Apple

MENU	MONDAY 30TH
 BEVERAGE	Vanilla milk
 MORNING ENERGISER	Quinoa Crispies
 FRUIT	Papaya

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

