







TEN SNACK 2024









"Nutrimos con amor"




NOVEMBER

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY, 1ST
 BEVERAGE					Blackberry flavoured water
 MORNING ENERGISER					Mini carrot muffin
 FRUIT					Watermelon

MENU	MONDAY, 4TH	TUESDAY, 5TH	WEDNESDAY, 6TH	THURSDAY, 7TH	FRIDAY, 8TH
 BEVERAGE	★ Holiday Día de Todos los Santos	Oatmeal	Pineapple flavoured water	Petit suisse cheese	Lulo flavoured water
 MORNING ENERGISER		Rice pop chips	Mini meat puff pastry	Vanilla seed muffin	Mini chicken puff pastry
 FRUIT		Strawberry	Grapes	Pineapple	Papaya

MENU	MONDAY, 11TH	TUESDAY, 12TH	WEDNESDAY, 13TH	THURSDAY, 14TH	FRIDAY, 15TH
 BEVERAGE	★ Holiday Independencia de Cartagena	Spoonable yoghurt	Passion fruit flavoured water	Cocoa milk drink	Mango flavoured water
 MORNING ENERGISER		Quinoa doughnuts	<i>Mantecada</i>	<i>Mini buñuelo</i>	<i>Mini almojábana</i>
 FRUIT		Peach	Apple	Melon	Tangerine

MENU	MONDAY, 18TH	TUESDAY, 19TH	WEDNESDAY 20TH	THURSDAY 21ST	FRIDAY 22ND
 BEVERAGE	Low-sugar yoghurt	Guava flavoured water	Oatmeal	Blackberry flavoured water	Kumis
 MORNING ENERGISER	<i>Pandebono</i>	Croissant	Mini cinnamon roll	Snack cheese/Cookie	Cereal
 FRUIT	Peach	Granadilla	Mango	Watermelon	Mini banana

MENU	MONDAY, 25TH	TUESDAY, 26TH	WEDNESDAY, 27TH	THURSDAY, 28TH	FRIDAY, 29TH
 BEVERAGE	Pineapple flavoured water	Low-sugar yoghurt	Greek yoghurt	Lulo flavoured water	OPEN DAY
 MORNING ENERGISER	Mini cheese croissant	Oatmeal Cookie	<i>Achiras</i>	Cranberry muffin	
 FRUIT	Orange	Apple	Papaya	Watermelon	

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

