

TES 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.

