






**TEN MERIENDA 2024**







"Nutrimos con amor"



**DECEMBER**

MENU	MONDAY, 2ND	TUESDAY, 3RD	WEDNESDAY, 4TH	THURSDAY, 5TH	FRIDAY, 6TH
 <b>BEVERAGE</b>	Low-sugar yoghurt	Mango flavoured water	Cocoa milk drink	Lulo flavoured water	Low-sugar yoghurt
 <b>MORNING ENERGISER</b>	Cookie	Chicken puff pastry	Quinoa doughnuts	<i>Mini almoajábana</i>	Cheese puff pastry straws
 <b>FRUIT</b>	Apple	Pineapple	Strawberry	Peach	Papaya

MENU	MONDAY, 9TH	TUESDAY, 10TH	WEDNESDAY, 11TH	THURSDAY, 12TH	FRIDAY, 13TH
 <b>BEVERAGE</b>	Milk	Pineapple flavoured water	Kumis	Low-sugar yoghurt	 <b>End-of-the-year Staff lunch</b>
 <b>MORNING ENERGISER</b>	Cinnamon roll	<i>Mini buñuelo</i>	Granola bar	Christmas Muffin	
 <b>FRUIT</b>	Plum	Mango	Melon	Tangerine	

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