





TES MERIENDA 2024



"Nutrimos con Amor"

DECEMBER

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

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

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