



MENÚ

FEBRERO 2019

YAGO SCHOOL

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

01

CREMA DE CALABACIN
BOCADITOS DE POLLO SALTEADOS
CON MANGO Y SOJA
PATATAS GAJO
FRUTA FRESCA
PAN BLANCO

733 Kcal-32.2 Lip-21.2 Prot-87 HC

04

ESPAGUETIS CON TOMATE Y
ALBAHACA
MERLUZA AL HORNO CON CAMA DE
ESPINACAS Y ALMENDRAS
BROCOLI AL HORNO
FRUTA FRESCA
PAN INTEGRAL

695 Kcal-20.7 Lip-39.4 Prot-81.5 HC

DIA DE CHINA



ARROZ TRES DELICIAS
ROLLITO DE PRIMAVERA
ENSALADA MIXTA
FLAN
PAN BLANCO

722 Kcal-22.7 Lip-32.3 Prot-98.2 HC

05

06

LENTEJAS CASERAS

CARRILLADA EN SALSA

JUDIAS VERDES
FRUTA FRESCA
PAN BLANCO

838 Kcal-38.2 Lip-40.7 Prot-75.9 HC

07

ARROZ CON CARNE Y ALCACHOFAS

CROQUETAS DE BACALAO

CHAMPIÑONES
YOGUR
PAN BLANCO

736 Kcal-24.7 Lip-33.2 Prot-92.7 HC

08

PUCHERO CON FIDEOS

TORTILLA DE PATATAS

ENSALADA MIXTA
FRUTA FRESCA
PAN BLANCO

677 Kcal-27.8 Lip-25.1 Prot-77.1 HC

11

ESPIRALES CON BECHAMEL
MERLUZA A LA PARRILLA
ENSALADA
FRUTA FRESCA
PAN INTEGRAL

628 Kcal-18.5 Lip-33,1 Prot-78.9 HC

12

ESPINACAS CON HUEVO AL HORNO
FILETE DE POLLO A LA PLANCHA
PURE DE PATATAS
YOGUR
PAN BLANCO

722 Kcal-35,9.46 Lip-49.9 Prot-47.8 HC

13

CREMA DE VERDURAS
ALGONDIGAS EN SALSA DE ALMENDRAS
ARROZ SALTEADO
FRUTA FRESCA
PAN BLANCO

678 Kcal-27.7 Lip-22.4 Prot-80.1 HC

14

COCIDO DE GARBANZOS
SALMON AL HORNO CON ENELDO
CALABAZA ASADA
YOGUR
PAN BLANCO

706 Kcal-16.2 Lip-38.3 Prot-92.2 HC

15

ARROZ FRITO CON YORK
CARNE MECHADA
TOMATE ALIÑADO
FRUTA FRESCA
PAN BLANCO

678 Kcal-20.1 Lip-18.2 Prot-103 HC

18

TALLARINES CARBONARA
MERLUZA A LA PLANCHA
CALABACIN AL HORNO
FRUTA FRESCA
PAN INTEGRAL

649 Kcal-20.2 Lip 33.3 Prot-80 HC

19

CREMA DE CALABAZA CON HUEVO
ALITAS DE POLLO EN SALSA
BARBACOA
PATATAS DELUXE
YOGUR
PAN BLANCO

856 Kcal-43.5 Lip-33.1 Prot-79.2 HC

20

ARROZ CON SALSA DE TOMATE
LOMO EN SALSA DE ALMENDRAS Y
MANZANAS
CALABACIN AL HORNO
FRUTA FRESCA
PAN BLANCO

712 Kcal-20.1 Lip-35.2 Prot-93.2 HC

21

PATATAS A LA ROJANA
EMPANADILLAS DE ATUN
ENSALADA MIXTA
YOGUR
PAN BLANCO

750 Kcal-34.6 Lip-40.6 Prot-63.6 HC

22

LENTEJAS CAMPERAS
TORTILLA DE CALABACIN
COL CON MAHONESA
FRUTA FRESCA
PAN BLANCO

690 Kcal-16.8 Lip-23.8 Prot-103 HC

25

LASASÑA CON QUESO GRATINADO
SALMON AL HORNO
CHAMPIÑONES
FRUTA FRESCA
PAN INTEGRAL

628 Kcal-18.5 Lip-33,1 Prot-78.9 HC

26

CONSOME
POLLO CON SALSA DE PUERROS Y
CIRUELAS
PURE DE PATATAS
YOGUR
PAN BLANCO

722 Kcal-35,9.46 Lip-49.9 Prot-47.8 HC

27

SALMOREJO CON HUEVO
CROQUETAS
ENSALADA
FRESAS CON ZUMO DE NARANJA
PAN BLANCO

678 Kcal-27.7 Lip-22.4 Prot-80.1 HC

28

FESTIVO




LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

				01 COURGETTE SOUP SAUTEED CHICKEN NUGGETS POTATOES WEDGES YOGHURT FRESH BREAD 733 Kcal-32.2 Lip-21.2 Prot-87 HC
04 PASTA WITH TOMATO BAKED HAKE WITH SPINACH AND ALMONDS BAKED BROCCOLI FRESH FRUIT WHOLEMEAL BREAD 695 Kcal-20.7 Lip-39.4 Prot-81.5 HC	05 CHINESE DAY  THREE DELIGHTS FRIED RICE SPRING ROLLS FLAN SALAD FRESH BREAD 722 Kcal-22.7 Lip-32.3 Prot-98.2 HC	06 LENTILS PORK CHEEK IN SAUCE GREEN BEANS FRESH FRUIT FRESH BREAD 838 Kcal-38.2 Lip-40.7 Prot-75.9 HC	07 RICE WITH MEAT AND ARTICHOKE COD CROQUETTES MUSHROOMS YOGHURT FRESH BREAD 736 Kcal-24.7 Lip-33.2 Prot-92.7 HC	08 NOODLES SOUP SPANISH OMELET SALAD FRESH FRUIT FRESH BREAD 677 Kcal-27.8 Lip-25.1 Prot-77.1 HC
11 PASTA WITH BECHAMEL GRILLED HAKE SALAD FRESH FRUIT WHOLEMEAL BREAD 628 Kcal-18.5 Lip-33,1 Prot-78.9 HC	12 SPINACHS WITH BAKED EGG GRILLED CHICKEN MASHED POTATOES YOGHURT FRESH BREAD 722 Kcal-35,9.46 Lip-49.9 Prot-47.8 HC	13 VEGETABLES SOUP MEATBALLS IN ALMOND SAUCE SAUTEED RICE FRESH FRUIT FRESH BREAD 678 Kcal-27.7 Lip-22.4 Prot-80.1 HC	14 CHICKEN SOUP WITH CHICKPEAS BAKED SALMON BAKED PUMPKIN YOGHURT FRESH BREAD 706 Kcal-16.2 Lip-38.3 Prot-92.2 HC	15 FRIED RICE WITH YORK MEATLOAF TOMATO SALAD FRESH FRUIT FRESH BREAD 678 Kcal-20.1 Lip-18.2 Prot-103 HC
18 PASTA IN CARBONARA SAUCE GRILLED HAKE BAKED COURGETTE FRESH FRUIT WHOLEMEAL BREAD 649 Kcal-20.2 Lip 33.3 Prot-80 HC	19 PUMPKIN SOUP WITH EGG CHICKEN LEGS IN BARBECUE SAUCE DELUXE POTATOES YOGHURT FRESH BREAD 856 Kcal-43.5 Lip-33.1 Prot-79.2 HC	20 RICE WITH TOMATO LOIN SIN ALMOND AND APPLE SAUCE BAKED COURGETTE FRESH FRUIT FRESH BREAD 712 Kcal-20.1 Lip-35.2 Prot-93.2 HC	21 "RIOJANA" POTATOES TUNA DUMPLINGS SALAD YOGHURT FRESH BREAD 750 Kcal-34.6 Lip-40.6 Prot-63.6 HC	22 LENTILS COURGETTE OMELET CABBAGE WITH MAYONNAISE FRESH FRUIT FRESH BREAD 690 Kcal-16.8 Lip-23.8 Prot-103 HC
25 LASAGNA WITH GRATIN CHEESE BAKED SALMON MUSHROOMS FRESH FRUIT WHOLEMEAL BREAD 628 Kcal-18.5 Lip-33,1 Prot-78.9 HC	26 CHICKEN SOUP CHICKEN WITH LEEKS AND PLUMS SAUCE MASHED POTATOES YOGHURT FRESH BREAD 722 Kcal-35,9.46 Lip-49.9 Prot-47.8 HC	27 SALMOREJO CROQUETTES SALAD STRAWBERRIES WITH ORANGE JUICE FRESH BREAD 678 Kcal-27.7 Lip-22.4 Prot-80.1 HC	28 SCHOOL HOLIDAY	