



# 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

CHINESE DAY

05

  
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