



# MENÚ

MAYO 2021

YAGO SCHOOL

## LUNES

## MARTES

## MIÉRCOLES

## JUEVES

## VIERNES

03

ESPAGUETIS CON TOMATE Y ALBAHACA  
 SALMON AL HORNO CON ENELDO  
 JUDIAS VERDES SALTEADAS  
 FRUTA FRESCA  
 PAN INTEGRAL

656,17 Kcal 29,35 Prot. 21,30 Lip. 80,55 Hc

04

GAZPACHO CON GUARNICION  
 BOCADITOS DE POLLO SALTEADOS CON  
 MANGO Y SOJA  
 PATATAS FRITAS  
 FRUTA FRESCA  
 PAN BLANCO

650,97 Kcal 25,82 Prot. 31,13 Lip. 62,36 Hc

05

ARROZ CON TOMATE  
 LOMO AL ROQUEFORT  
 COLIFLOR SALTEADA  
 FRUTA FRESCA  
 PAN BLANCO

823,78 Kcal 37,07 Prot. 33,25 Lip. 91,40 Hc

06

JUDIAS PINTAS  
 MERLUZA A LA ROMANA  
 VERDURAS SALTEADAS  
 YOGUR  
 PAN BLANCO

751,47 Kcal 43,14 Prot. 21,65 Lip. 88,35 Hc

07

PATATAS ALIÑADAS  
 REVUELTO DE ESPARRAGOS  
 ENSALADA MIXTA  
 FRUTA FRESCA  
 PAN BLANCO

599,03 Kcal 23,84 Prot. 23,85 Lip. 67,89 Hc

10

WOK DE PASTA CON VERDURAS Y COSTILLA  
 LACADA  
 FOGONERO AL HORNO  
 ZANAHORIA BABY  
 FRUTA FRESCA  
 PAN INTEGRAL

603,3 Kcal 29,64 Prot. 14,52 Lip. 82,39 HC

11

ENSALADA DE GARBANZOS  
 HAMBURGUESAS CON QUESO  
 PATATAS DADO  
 YOGUR  
 PAN BLANCO

900,6 Kcal 36,65 Prot. 45,68 Lip. 87,98 HC

12

CREMA DE VERDURAS  
 ALGONDIGAS EN SALSAS  
 ARROZ SALTEADO  
 FRUTA FRESCA  
 PAN BLANCO

697,14 Kcal 22,43 Prot. 25,33 Lip. 90,96 HC

13

SALMOREJO  
 NUGGETS DE PESCADO  
 ENSALADA DE JUDIAS VERDES  
 FRUTA FRESCA  
 PAN BLANCO

668,57 Kcal 22,63 Prot. 26,59 Lip. 78,91 HC

14

ARROZ MAR Y MONTAÑA  
 TORTILLA FRANCESA  
 HABAS SALTEADAS  
 FRUTA FRESCA  
 PAN BLANCO

616,76 Kcal 28,95 Prot. 14,86 Lip. 92,38 HC

17

ESPIRALES CON PISTO  
 FILETE DE JUREL EN SALSAS  
 VERDES  
 CHAMPIÑONES  
 FRUTA FRESCA  
 PAN INTEGRAL

565,98 Kcal 24,52 Prot. 12,77 Lip. 81,57 HC

18

LENTEJAS ESTOFADAS  
 FILETE DE POLLO A LAS ESPECIAS  
 CALABAZA ASADA  
 FRUTA FRESCA  
 PAN BLANCO

636,38 Kcal 43,07 Prot. 13,89 Lip. 78,94 HC

19

ENSALADA DE ARROZ  
 LOMO EN SALSAS DE ALMENDRAS Y  
 MANZANAS  
 BROCOLI AL HORNO  
 FRUTA FRESCA  
 PAN BLANCO

738,37 Kcal 42,17 Prot. 21,67 Lip. 88,65 HC

20

GAZPACHO  
 CROQUETAS DE PESCADO  
 PATATAS AL HORNO  
 YOGUR  
 PAN BLANCO

659,95 Kcal 16,58 Prot. 28,17 Lip. 82,78 HC

21

HABAS CON JAMON  
 TORTILLA DE PATATAS  
 ENSALADA MIXTA  
 FRUTA FRESCA  
 PAN BLANCO

577,84 Kcal 27,24 Prot. 24,11 Lip. 57,73 HC

24

ENSALADA DE PASTA  
 LOMO DE MERLUZA EN SALSAS DE  
 PIQUILLOS  
 PANACHE DE VERDURAS  
 FRUTA FRESCA  
 PAN INTEGRAL

567,03 Kcal 29,3 Prot. 13,24 Lip. 75,9 HC

25

CREMA DE CALABAZA  
 POLLO CON SALSAS DE PUERROS Y  
 CIRUELAS  
 PATATAS AL HORNO  
 YOGUR  
 PAN BLANCO

703,12 Kcal 41,27 Prot. 27,18 Lip. 70,71 HC

26

SALMOREJO  
 CORDON BLEU  
 ENSALADA DE ZANAHORIA  
 FRUTA FRESCA  
 PAN BLANCO

802,32 Kcal 42,61 Prot. 34,53 Lip. 76,56 HC

27

ALUBIAS CON VERDURAS  
 BACALAO GRATINADO CON ALI OLÍ  
 ENSALADA DE JUDIAS VERDES  
 FRUTA FRESCA  
 PAN BLANCO

674,36 Kcal 25,52 Prot. 15,59 Lip. 102,13 HC

28

ARROZ FRITO CON YORK  
 REVUELTO DE CHAMPIÑONES  
 GUISANTES SALTEADOS  
 FRUTA FRESCA  
 PAN BLANCO

711,51 Kcal 28,23 Prot. 23,37 Lip. 92,48 HC

31

TORTELINI AL PESTO  
 FOGONERO A LA PARRILLA  
 ENSALADA DE MAIZ  
 FRUTA FRESCA  
 PAN INTEGRAL

607,18 Kcal 24,07 Prot. 22,06 Lip. 73,66 HC



# MENÚ

MAY 2021

YAGO SCHOOL

## LUNES

## MARTES

## MIÉRCOLES

## JUEVES

## VIERNES

**03**  
 SPAGHETTI IN TOMATO & BASIL SAUCE  
 BAKED SALMON & DILL  
 SAUTEED GREEN BEAN  
 FRESH FRUIT  
 WHOLEMEAL BREAD  
 656,17 Kcal 29,35 Prot 21,30 Lip 80,55 Hc

**04**  
 GAZPACHO  
 CHICKEN IN MANGO AND SOY SAUCE  
 CHIPS  
 FRESH FRUIT  
 FRESH BREAD  
 650,97 Kcal 25,82 Prot 31,13 Lip 62,36 Hc

**05**  
 RICE WITH TOMATO SAUCE  
 PORK IN ROQUEFORT SAUCE  
 SAUTEED CAULIFLOWER  
 FRESH FRUIT  
 FRESH BREAD  
 823,78 Kcal 37,07 Prot 33,25 Lip 91,40 Hc

**06**  
 BEAN STEW  
 BREADED HAKE  
 SAUTEED VEGETABLES  
 YOGHURT  
 FRESH BREAD  
 751,47 Kcal 43,14 Prot 21,65 Lip 88,35 Hc

**07**  
 BOILED DRESSED POTATOES  
 SOFT SCRAMBLED EGGS WITH ASPARAGUS  
 MIXED GREEN SALAD  
 FRESH FRUIT  
 FRESH BREAD  
 599,03 Kcal 23,84 Prot 23,85 Lip 67,89 Hc

**10**  
 STIR FRIED PASTA & VEGETABLES WITH RIBS  
 BAKED FISH  
 BABY CARROTS  
 FRESH FRUIT  
 WHOLEMEAL BREAD  
 603,3 Kcal 29,64 Prot. 14,52 Lip. 82,39 HC

**11**  
 CHICKPEAS SALAD  
 CHEESE BURGER  
 SMALL POTATOES  
 YOGHURT  
 FRESH BREAD  
 900,6 Kcal 36,65 Prot. 45,68 Lip. 87,98 HC

**12**  
 CREAM OF VEGETABLE SOUP  
 MEATBALLS IN SAUCE  
 SAUTEED RICE  
 FRESH FRUIT  
 FRESH BREAD  
 697,14 Kcal 22,43 Prot. 25,33 Lip. 90,96 HC

**13**  
 SALMOREJO  
 CRISPY FRIED FISH  
 GREEN BEAN SALAD  
 FRESH FRUIT  
 FRESH BREAD  
 668,57 Kcal 22,63 Prot. 26,59 Lip. 78,91 HC

**14**  
 RICE WITH MEAT & FISH  
 FRENCH OMELETTE  
 SAUTEED BROAD BEANS  
 FRESH FRUIT  
 FRESH BREAD  
 616,76 Kcal 28,95 Prot. 14,86 Lip. 92,38 HC

**17**  
 PASTA IN TOMATO & VEGETABLES SAUCE  
 MACKEREL FILLET IN GREEN SAUCE  
 MUSHROOMS  
 FRESH FRUIT  
 WHOLEMEAL BREAD  
 565,98 Kcal 24,52 Prot. 12,77 Lip. 81,57 HC

**18**  
 LENTIL STEW  
 CHICKEN WITH HERBS  
 ROASTED PUMPKIN  
 FRESH FRUIT  
 FRESH BREAD  
 636,38 Kcal 43,07 Prot. 13,89 Lip. 78,94 HC

**19**  
 RICE SALAD  
 PORK IN AN APPLE & ALMOND SAUCE  
 ROAST BROCCOLI  
 FRESH FRUIT  
 FRESH BREAD  
 738,37 Kcal 42,17 Prot. 21,67 Lip. 88,65 HC

**20**  
 GAZPACHO  
 FISH CROQUETTES  
 ROASTED POTATOES  
 YOGHURT  
 FRESH BREAD  
 659,95 Kcal 16,58 Prot. 28,17 Lip. 82,78 HC

**21**  
 BROAD BEANS & HAM  
 SPANISH OMELETTE  
 MIXED SALAD  
 FRESH FRUIT  
 FRESH BREAD  
 577,84 Kcal 27,24 Prot. 24,11 Lip. 57,73 HC

**24**  
 PASTA SALAD  
 HAKE IN A PIQUILLO SAUCE  
 MIXED VEGETABLES  
 FRESH FRUIT  
 WHOLEMEAL BREAD  
 567,03 Kcal 29,3 Prot. 13,24 Lip. 75,9 HC

**25**  
 PUMPKIN SOUP  
 CHICKEN IN A LEEK & PLUM SAUCE  
 ROASTED POTATOES  
 YOGHURT  
 FRESH BREAD  
 703,12 Kcal 41,27 Prot. 27,18 Lip. 70,71 HC

**26**  
 SALMOREJO  
 CORDON BLEU  
 CARROT SALAD  
 FRESH FRUIT  
 FRESH BREAD  
 802,32 Kcal 42,61 Prot. 34,53 Lip. 76,56 HC

**27**  
 BEANS WITH VEGETABLES  
 COD GRATIN WITH GARLIC SAUCE  
 GREEN BEAN SALAD  
 FRESH FRUIT  
 FRESH BREAD  
 674,36 Kcal 25,52 Prot. 15,59 Lip. 102,13 HC

**28**  
 FRIED RICE WITH YORK  
 MUSHROOM SCRAMBLED EGGS  
 SAUTEED PEAS  
 FRESH FRUIT  
 FRESH BREAD  
 711,51 Kcal 28,23 Prot. 23,37 Lip. 92,48 HC

**31**  
 PESTO TORTELINI  
 GRILLED FISH  
 CORN SALAD  
 FRESH FRUIT  
 WHOLEMEAL BREAD  
 607,18 Kcal 24,07 Prot. 22,06 Lip. 73,66 HC