



MENÚ

NOVIEMBRE 2021

YAGO SCHOOL

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

<p>01</p> <p>FESTIVO</p>	<p>02</p> <p>MENESTRA DE VERDURAS SALTEADAS SALCHICHAS EN SALSA BARBACOA PATATAS BRAVAS YOGUR PAN BLANCO</p> <p>801,01 Kcal 32,19 Prot. 38,36 Lip. 80,23 HC</p>	<p>03</p> <p>ARROZ CON TOMATE CINTA DE LOMO CON CHUTNEY DE MANZANA Y CEBOLLA CALABACIN ASADO FRUTA FRESCA PAN BLANCO</p> <p>676,97 Kcal 33,04 Prot. 19,27 Lip. 89 HC</p>	<p>04</p> <p>PATATAS A LA MARINERA FOGONERO AL HORNO TOMATE PROVENZAL FRUTA FRESCA PAN BLANCO</p> <p>497,09 Kcal 21,01 Prot. 14,01 Lip. 67,8 HC</p>	<p>05</p> <p>LENTEJAS CAMPERAS TORTILLA DE CALABACIN ENSALADA MIXTA FRUTA FRESCA PAN BLANCO</p> <p>698,62 Kcal 23,73 Prot. 17,79 Lip. 103,03 H</p>
<p>08</p> <p>MEATLESS MONDAY</p> <p>CREMA DE BROCOLI PAELLA DE VERDURAS DE LA HUERTA ENSALADA DE MAIZ FRUTA FRESCA PAN INTEGRAL</p> <p>596,78 Kcal 15,82 Prot. 11,39 Lip. 103,13 HC</p>	<p>09</p> <p>SOPA DE AVE CON FIDEOS Y GARBANZOS CORDON BLEU DE PAVO PATATAS PANADERAS FRUTA FRESCA PAN BLANCO</p> <p>863,76 Kcal 47,29 Prot. 32,91 Lip. 90,84 HC</p>	<p>10</p> <p>PISTO MANCHEGO CON HUEVO POLLO ASADO EN SALSA DE PASAS ZANAHORIA BABY SALTEADA CON AJO Y TOMILLO FRUTA FRESCA PAN BLANCO</p> <p>632,09 Kcal 36,98 Prot. 23,94 Lip. 63,14 HC</p>	<p>11</p> <p>ESPIRALES CON ATÚN BUÑUELOS DE BACALAO GUISANTES SALTEADOS YOGUR NATURAL CON TOPPING PAN BLANCO</p> <p>859,03 Kcal 25,75 Prot. 31,28 Lip. 115,17 HC</p>	<p>12</p> <p>BRITISH FOOD</p> <p>CREMA DE VERDURAS CORNISH PASTIE COLIFLOR SALTEADA FRUTA FRESCA PAN BLANCO</p> <p>632,07 Kcal 37,98 Prot. 20,87 Lip. 69,37 HC</p>
<p>15</p> <p>CANELONES DE CARNE CON BECHAMEL GRATINADOS FOGONERO AL HORNO CALABAZA ASADA FRUTA FRESCA PAN INTEGRAL</p> <p>574,17 Kcal 24,42 Prot. 23,66 Lip. 61,01 HC</p>	<p>16</p> <p>ARROZ CON TOMATE TORTILLA DE PATATAS Y CEBOLLA TOMATE ASADO CON OREGANO YOGUR PAN BLANCO</p> <p>744,92 Kcal 26,72 Prot. 27,33 Lip. 96,39 HC</p>	<p>17</p> <p>GUISANTES SALTEADOS CON JAMON ALBONDIGAS DE POLLO AL CHILINDRON PATATAS DADO FRUTA FRESCA PAN BLANCO</p> <p>746,12 Kcal 39,34 Prot. 25,1 Lip. 80,12 HC</p>	<p>18</p> <p>DIA DE MARRUECOS</p> <p>COUS COUS CON VERDURAS POLLO CON CIRUELAS ENSALADA MIXTA FRUTA FRESCA PAN BLANCO</p> <p>697,09 Kcal 36,12 Prot. 22,13 Lip. 83,85 HC</p>	<p>19</p> <p>GARBANZOS ESTOFADOS LOMO ASADO EN SU SALSA ENSALADA DE JUDIAS VERDES, ZANAHORIA Y MAIZ FRUTA FRESCA PAN BLANCO</p> <p>686,38 Kcal 37,2 Prot. 20,45 Lip. 80,4 HC</p>
<p>22</p> <p>MEATLESS MONDAY</p> <p>CREMA DE ZANAHORIAS CON ACEITE DE ALBAHACA Y DADOS DE CALABACIN MACARRONES NAPOLITANA PANACHE DE VERDURAS FRUTA FRESCA PAN INTEGRAL</p> <p>585,25 Kcal 18,67 Prot. 11,88 Lip. 95,2 HC</p>	<p>23</p> <p>ALUBIAS PINTAS CON PATATAS SALCHICHAS AL VINO ENSALADA VARIADA FRUTA FRESCA PAN BLANCO</p> <p>719,34 Kcal 23,33 Prot. 28,43 Lip. 89,83 HC</p>	<p>24</p> <p>PAELLA MIXTA FILETE DE POLLO ESPECIADO PATATAS FRITAS FRUTA FRESCA PAN BLANCO</p> <p>742,7 Kcal 39,6 Prot. 20,12 Lip. 97,5 HC</p>	<p>25</p> <p>CREMA DE CALABACIN CON AROMA DE HINOJO JUREL EN SALSA VERDE PISTO YOGUR NATURAL CON TOPPING PAN BLANCO</p> <p>518,25 Kcal 25,12 Prot. 17,05 Lip. 63,07 HC</p>	<p>26</p> <p>GUIISO DE PATATAS CON CARNE TORTILLA FRANCESA COL CON MAHONESA FRUTA FRESCA PAN BLANCO</p> <p>548,72 Kcal 24,77 Prot. 18,03 Lip. 72,38 Hc</p>
<p>29</p> <p>CODITOS BOLOÑESA EMPANADILLAS DE ATUN SALTEADO DE VERDURAS FRUTA FRESCA PAN INTEGRAL</p> <p>836,53 Kcal 26,53 Prot. 27,26 Lip. 114,53 HC</p>	<p>30</p> <p>GUIISO DE PATATAS CON POLLO HAMBURGUESA CON QUESO ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA YOGUR PAN BLANCO</p> <p>818,58 Kcal 35,81 Prot. 32,03 Lip. 75,84 HC</p>			



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NOVEMBER 2021

YAGO SCHOOL

LUNES

MARTES

MIÉRCOLES

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VIERNES

01

SCHOOL HOLIDAY

02

SAUTED VEGETABLES
SAUSAGES IN BARBECUE SAUCE
POTATOES
YOGHURT
FRESH BREAD

801,01 Kcal 32,19 Prot. 38,36 Lip. 80,23 HC

03

RICE IN TOMATO SAUCE
PORK LOIN IN APPLE AND ONION CHUTNEY
ROASTED COURGETTE
FRESH FRUIT
FRESH BREAD

676,97 Kcal 33,04 Prot. 19,27 Lip. 89 HC

04

SEAFOOD POTATOES
BAKED FISH
TOMATO
FRESH FRUIT
FRESH BREAD

497,09 Kcal 21,01 Prot. 14,01 Lip. 67,8 HC

05

LENTILS
COURGETTE OMELET
MIXED SALAD
FRESH FRUIT
FRESH BREAD

698,62 Kcal 23,73 Prot. 17,79 Lip. 103,03 H

MEATLESS MONDAY

08

CREAM OF BROCCOLI
VEGETABLE PAELLA
SWEETCORN SALAD
FRESH FRUIT
WHOLEMEAL BREAD

596,78 Kcal 15,82 Prot. 11,39 Lip. 103,13 HC

09

CHICKEN SOUP WITH NOODLES AND
CHICKPEAS
TURKEY CORDON BLEU
BAKED POTATOES
FRESH FRUIT
FRESH BREAD

863,76 Kcal 47,29 Prot. 32,91 Lip. 90,84 HC

10

TOMATO WITH VEGETABLES AND EGG
ROASTED CHICKEN WITH RAISINS
BABY CARROTS
FRESH FRUIT
FRESH BREAD

632,09 Kcal 36,98 Prot. 23,94 Lip. 63,14 HC

11

PASTA WITH TUNA
COD FRITTERS
SAUTEED PEAS
YOGHURT WITH TOPPING
FRESH BREAD

859,03 Kcal 25,75 Prot. 31,28 Lip. 115,17 HC

BRITISH FOOD

12

CREAM OF VEGETABLES
CORNISH PASTIE
SAUTEED CAULIFLOWER
FRESH FRUIT
FRESH BREAD

632,07 Kcal 37,98 Prot. 20,87 Lip. 69,37 HC

15

MEAT CANNELONI WITH GRATIN BECHAMEL
BAKED FISH
ROASTED PUMPKIN
FRESH FRUIT
WHOLEMEAL BREAD

574,17 Kcal 24,42 Prot. 23,66 Lip. 61,01 HC

16

RICE IN TOMATO SAUCE
SPANISH OMELETTE WITH ONION
ROASTED TOMATO
YOGHURT
FRESH BREAD

744,92 Kcal 26,72 Prot. 27,33 Lip. 96,39 HC

17

SAUTEED PEAS WITH HAM
CHICKEN MEATBALLS IN TOMATO SAUCE
SMALL POTATOES
FRESH FRUIT
FRESH BREAD

746,12 Kcal 39,34 Prot. 25,1 Lip. 80,12 HC

DIA DE MARRUECOS

18

COUS COUS WITH VEGETABLES
CHICKEN WITH PLUMS
MIXED SALAD
FRESH FRUIT
FRESH BREAD

697,09 Kcal 36,12 Prot. 22,13 Lip. 83,85 HC

19

CHICKPEAS STEW
ROASTED PORK LOIN IN SAUCE
GREEN BEANS SALAD WITH SWEETCORN
AND CARROT
FRESH FRUIT
FRESH BREAD

686,38 Kcal 37,2 Prot. 20,45 Lip. 80,4 HC

MEATLESS MONDAY

22

CREAM OF CARROTS WITH BASIL OIL AND
COURGETTE DICE
NEAPOLITAN MACARONI
MIXED VEGETABLES
FRESH FRUIT
WHOLEMEAL BREAD

585,25 Kcal 18,67 Prot. 11,88 Lip. 95,2 HC

23

BLACK BEANS WITH POTATOES
SAUSAGES WITH WINE
SALAD
FRESH FRUIT
FRESH BREAD

719,34 Kcal 23,33 Prot. 28,43 Lip. 89,83 HC

24

MIXED PAELLA
GRILLED CHICKEN
FRIES
FRESH FRUIT
FRESH BREAD

742,7 Kcal 39,6 Prot. 20,12 Lip. 97,5 HC

25

CREAM OF COURGETTE WITH FENNEL
MACKEREL FILLET IN GREEN SAUCE
TOMATO WITH VEGETABLES
YOGHURT WITH TOPPING
FRESH BREAD

518,25 Kcal 25,12 Prot. 17,05 Lip. 63,07 HC

26

POTATO STEW WITH MEAT
FRENCH OMELET
CABBAGE SALAD WITH MAYONNAISE
FRESH FRUIT
FRESH BREAD

548,72 Kcal 24,77 Prot. 18,03 Lip. 72,38 Hc

29

PASTA IN BOLOGNESE SAUCE
TUNA DUMPLINGS
SAUTEED GREEN BEANS
FRESH FRUIT
WHOLEMEAL BREAD

836,53 Kcal 26,53 Prot. 27,26 Lip. 114,53 HC

30

POTATO STEW WITH CHICKEN
BURGER WITH CHEESE
SALAD
YOGHURT
FRESH BREAD

818,58 Kcal 35,81 Prot. 32,03 Lip. 75,84 HC