



MENÚ

NOVIEMBRE 2021

YAGO SCHOOL

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

01

02

03

04

05

MENESTRA DE VERDURAS SALTEADAS
CREMA DE CALABAZA ASADA CON
TOPING DE HUEVO

ARROZ CON TOMATE
ARROZ A LA AMERICANA

PATATAS A LA MARINERA
GUIISO DE PATATAS CON COSTILLA

BRITISH FOOD
LENTEJAS CAMPERAS
CREMA DE BONIATO, ESPINACA Y
COCO

FESTIVO

SALCHICHAS EN SALSА BARBACOA
HAMBURGUESA EN SALSА LIGERA DE MOSTAZA
PATATAS BRAVAS
YOGUR

CINTA DE LOMO CON CHUTNEY DE
MANZANA Y CEBOLLA
LOMO EMPANADO
CALABACIN ASADO
FRUTA FRESCA

FOGONERO AL HORNO
EMPANADILLAS DE ATUN
TOMATE PROVENZAL
FRUTA FRESCA

TORTILLA DE CALABACIN
HUEVOS REVUELTOS CON CHISTORRA
ENSALADA MIXTA
FRUTA FRESCA

MEATLESS MONDAY

08

09

NUTRIFRIENDS

10

REAL FISH

11

BRITISH FOOD

12

CREMA DE BROCOLI
BROCOLI CON BECHAMEL VEGANA
GRATINADA

SOPA DE AVE CON FIDEOS Y GARBANZOS
CONSOME DE AVE

PISTO MANCHEGO CON HUEVO
TACO DE VERDURAS CON TOMATE
ESPECIADO

ESPIRALES CON ATÚN
ESPIRALES CON CHAMPIÑONES

CREMA DE VERDURAS
SOPA DE CURRY ANGOINDIA

PAELLA DE VERDURAS DE LA HUERTA

CORDON BLEU DE PAVO

POLLO ASADO EN SALSА DE PASAS

BUÑUELOS DE BACALAO
BACALAO AL GRATEN CON ALIO OLI Y FLORES
DE MAIZ

CORNISH PASTIE
LOMO ASADO CON SALSА DE MANZANA Y
SALSА GRAVY

ARROZ SALTEADO CON CHAMPIÑONES

CARRILLERA DE CERDO EN SALSА

ALITAS DE POLLO BARBACOA

ZANAHORIA BABY SALTEADA CON AJO Y TOMILLO

GUISANTES SALTEADOS

COLIFLOR SALTEADA

ENSALADA DE MAIZ

PATATAS PANADERAS

FRUTA FRESCA

YOGUR NATURAL CON TOPPINGS

FRUTA FRESCA

FRUTA FRESCA

FRUTA FRESCA

15

16

17

DIA DE MARRUECOS

18

19

CANELONES DE CARNE CON BECHAMEL
GRATINADOS
MACARRONES SALTEADOS AL AJILLO CON
SETAS DE CAMPO Y TOMILLO

ARROZ NEGRO CON GAMBAS Y ALI OLI

ALCACHOFAS CON HUEVO

LENTEJAS MARROQUIES

ENSALADA DE GARBANZOS

FOGONERO AL HORNO
CAZON EN ADOBO

TORTILLA DE PATATAS Y CEBOLLA
REVUELTO DE JAMÓN SERRANO

ALBONDIGAS DE POLLO AL CHILINDRON
SAN JACOBO

POLLO CON CIRUELAS
PINCHITOS MORUNOS

LOMO ASADO EN SU SALSА
LOMO EN SALSА DE PEDRO XIMENEZ

CALABAZA ASADA
FRUTA FRESCA

TOMATE ASADO CON OREGANO
YOGUR

PATATAS DADO
FRUTA FRESCA

ENSALADA MIXTA
FRUTA FRESCA

ENSALADA DE JUDIAS VERDES,
ZANAHORIA Y MAIZ
FRUTA FRESCA

MEATLESS MONDAY

22

23

24

25

26

CREMA DE ZANAHORIAS CON ACEITE DE
ALBAHACA Y DADOS DE CALABACIN

ALUBIAS PINTAS CON PATATAS

PAELLA MIXTA

CREMA DE CALABACIN CON AROMA DE
HINOJO

GUIISO DE PATATAS CON CARNE

LOMBARDA SALTEADA CON MANZANAS

BROCOLI CON VELOUTE DE SERRANO Y
TOPPING DE PIPAS DE GIRASOL

ARROZ TRES DELICIAS

JUDIAS VERDES CON JAMON Y TOMATE

ENSALADA DE PATATAS CON MANZANA Y
POLLO

MACARRONES NAPOLITANA
MACARRONES INTEGRALES CON BOLOÑESA
VEGANA

SALCHICHAS AL VINO

FILETE DE POLLO ESPECIADO

JUREL EN SALSА VERDE

TORTILLA FRANCESA

PANACHE DE VERDURAS
FRUTA FRESCA

ENSALADA VARIADA
FRUTA FRESCA

PATATAS FRITAS
FRUTA FRESCA

PISTO
YOGUR NATURAL CON TOPPINGS

COL CON MAHONESA
FRUTA FRESCA

29

30

CODITOS BOLOÑESA
CODITOS CON PESTO DE ESPINACAS Y TOMATE
SECO

GUIISO DE PATATAS CON POLLO
CREMA DE CALABAZA

EMPANADILLAS DE ATUN
ATÚN AL HORNO CON CEBOLLA
CARAMELIZADA

HAMBURGUESA CON QUESO
SALCHICHAS DE AVE CON SALSА DE
MOSTAZA ANTIGUA

SALTEADO DE VERDURAS
FRUTA FRESCA

ENSALADA DE LECHUGA, MAIZ Y
ZANAHORIA
YOGUR



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BRITISH FOOD

05

SAUTEED VEGETABLES

RICE IN TOMATO SALAD

SEAFOOD POTATOES

LENTILS

CREAM OF PUMPKIN WITH EGG

AMERICAN RICE

POTATOES STEW WITH RIB

CREAM OF SWEET POTATO, SPINACH AND COCONUT

SCHOOL HOLIDAY

SAUSAGES IN BARBECUE SAUCE BURGER WITH MUSTARD POTATOES

PORK LOIN IN APPLE AND ONION CHUTNEY BREADED PORK LOIN ROASTED COURGETTE

BAKED FISH TUNA DUMPLINGS TOMATO

COURGETTE OMELET SCRAMBLED EGG WITH "CHISTORRA" MIXED SALAD

YOGHURT

FRESH FRUIT

FRESH FRUIT

FRESH FRUIT

MEATLESS MONDAY

08

09

NUTRIFRIENDS

10

REAL FISH

11

BRITISH FOOD

12

CREAM OF BROCCOLI

CHICKEN SOUP WITH NOODLES AND CHICKPEAS

TOMATO WITH VEGETABLES AND EGG

PASTA WITH TUNA

CREAM OF VEGETABLES

BROCCOLI GRATIN WITH VEGAN BECHAMEL SAUCE VEGETABLE PAELLA

CHICKEN SOUP TURKEY CORDON BLEU

VEGETABLE TACO WITH SPICY TOMATO ROASTED CHICKEN WITH RAISINS

PASTA WITH MUSHROOMS COD FRITTERS

CURRY SOUP CORNISH PASTIE

SAUTEED RICE WITH MUSHROOMS

BRAISING STEAK IN SAUCE

ROAST CHICKEN WINGS WITH BARBECUE SAUCE

COD AU GRATIN WITH MAIZE FLOWERS

ROAST LEG OF BRITISH PORK WITH APPLE SAUCE AND GRAVY SAUTEED CAULIFLOWER

SWEETCORN SALAD

BAKED POTATOES

BABY CARROTS

SAUTEED PEAS

FRESH FRUIT

FRESH FRUIT

FRESH FRUIT

YOGHURT WITH TOPPING

FRESH FRUIT

15

16

17

MOROCCO DAY

18

19

MEAT CANNELONI GRATIN BECHAMEL MACARONI AGLIO-OLIO

RICE IN TOMATO SAUCE BLACK RICE WITH PRAWNS AND ALI OLI

PEAS WITH HAM ARTICHOKE WITH EGGS

COUS COUS WITH VEGETABLES MOROCCO LENTILS

CHICKPEA STEW CHICKPEA SALAD

BAKED FISH

SPANISH OMELETTE WITH ONION

CHICKEN MEATBALLS IN TOMATO SAUCE

CHICKEN WITH PLUMS

ROASTED PORK LOIN IN SAUCE

MARINATED DOGFISH

IBERIAN SCRAMBLED

CORDON BLEU

MOORISH SKEWERS

PORK LOIN IN PEDRO XIMENEZ SAUCE

ROASTED PUMPKIN

ROASTED TOMATO

SMALL POTATOES

MIXED SALAD

GREEN BEANS SALAD WITH SWEETCORN AND CARROT

FRESH FRUIT

YOGHURT

FRESH FRUIT

FRESH FRUIT

FRESH FRUIT

MEATLESS MONDAY

22

23

24

25

26

CREAM OF CARROTS WITH BASIL OIL AND COURGETTE DICE

BLACK BEANS WITH POTATOES

MIXED PAELLA

CREAM OF COURGETTE WITH FENNEL

POTATO STEW WITH MEAT

SAUTEED RED CABBAGE WITH APPLES

BROCCOLI WITH HAM VELOUTE AND SUNFLOWERS SEEDS

THREE DELIGHTS RICE

GREEN BEANS WITH HAM AND TOMATO

POTATO, APPLE AND CHICKEN SALAD

NEAPOLITAN MACARONI

SAUSAGES WITH WINE

GRILLED CHICKEN

MACKEREL FILLET IN GREEN SAUCE

FRENCH OMELET

WHOLEWHEAT PENNE PASTA WITH VEGAN BOLOGNESE SAUCE

GERMAN BEEF STEW

CHICKEN WITH SPICES

BATTERED HAKE

SPANISH OMELET

MIXED VEGETABLES

SALAD

FRIES

TOMATO WITH VEGETABLES

CABBAGE SALAD WITH MAYONNAISE

FRESH FRUIT

FRESH FRUIT

FRESH FRUIT

YOGHURT WITH TOPPING

FRESH FRUIT

29

30

PASTA IN BOLOGNESE SAUCE PASTA WITH SPINACH PESTO AND DRY TOMATO

POTATO STEW WITH CHICKEN

CREAM OF PUMPKIN

TUNA DUMPLINGS

BURGER WITH CHEESE

TUNA WITH CARAMELIZED ONION

CHICKEN SAUSAGES IN OLD MUSTARD SAUCE

SAUTEED GREEN BEANS

SALAD

FRESH FRUIT

YOGHURT