



MENÚ

ENERO 2022

YAGO SCHOOL

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

<p>10</p> <p>LACITOS CARBONARA JUREL EN SALSA JUDIAS SALTEADAS YOGUR PAN INTEGRAL</p> <p>765,75 Kcal 37,87 Prot. 26,31 Lip. 88,93 HC</p>	<p>11</p> <p>ARROZ CON TOMATE TORTILLA DE PATATAS Y CEBOLLA TOMATE ASADO CON OREGANO FRUTA FRESCA PAN BLANCO</p> <p>668,8 Kcal 20,71 Prot. 23,16 Lip. 91,47 HC</p>	<p>12</p> <p>LENTEJAS ESTOFADAS ALBONDIGAS DE POLLO AL CHILINDRON PATATAS DADO YOGUR PAN BLANCO</p> <p>856,75 Kcal 44,54 Prot. 27,73 Lip. 100,97 HC</p>	<p>13</p> <p>CREMA DE VERDURAS LOMO DE MERLUZA EN SALSA AMERICANA ENSALADA DE MAR FRUTA FRESCA PAN BLANCO</p> <p>469,07 Kcal 24,83 Prot. 11,54 Lip. 62,87 HC</p>	<p>14</p> <p>SOPA DE ESTRELLITAS LOMO EN SALSA ENSALADA MIXTA FLAN DE VAINILLA PAN BLANCO</p> <p>585,22 Kcal 31,48 Prot. 17,34 Lip. 73,48 HC</p>
<p>17</p> <p>WOK DE PASTA CON VERDURAS Y BACON SALMON AL ENELDO PANACHE DE VERDURAS YOGUR PAN INTEGRAL</p> <p>715,56 Kcal 35,32 Prot. 25,82 Lip. 81,61 HC</p>	<p>18</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>19</p> <p>PAELLA MIXTA FILETE DE POLLO ESPECIADO PATATAS FRITAS YOGUR PAN BLANCO</p> <p>818,82 Kcal 45,61 Prot. 24,29 Lip. 102,42 HC</p>	<p>20</p> <p>CREMA DE CALABACIN CON AROMA DE HINOJO BACALAO GRATINADO PISTO FRUTA FRESCA PAN BLANCO</p> <p>495,13 Kcal 21,55 Prot. 16,22 Lip. 62,13 HC</p>	<p>21</p> <p>GUIISO DE PATATAS CON CARNE TORTILLA FRANCESA COL CON MAHONESA NATILLAS PAN BLANCO</p> <p>631,11 Kcal 28,77 Prot. 23,21 Lip. 78,8 HC</p>
<p>24</p> <p>CODITOS BOLOÑESA EMPANADILLAS DE ATUN SALTEADO DE VERDURAS YOGUR PAN INTEGRAL</p> <p>896,23 Kcal 32,04 Prot. 31,34 Lip. 117,92 HC</p>	<p>25</p> <p>CREMA DE CALABAZA HAMBURGUESA CON QUESO ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA FRUTA FRESCA PAN BLANCO</p> <p>641,34 Kcal 24,19 Prot. 26 Lip. 56,15 HC</p>	<p>26</p> <p>ARROZ CON TOMATE LOMO CON TOMATE CHAMPIÑONES SALTEADOS CON AJO Y PEREJIL YOGUR PAN BLANCO</p> <p>755,24 Kcal 37,21 Prot. 22,02 Lip. 99,2 HC</p>	<p>27</p> <p>CREMA DE ZANAHORIA FOGONERO AL HORNO PATATAS PANADERAS AL HORNO FRUTA FRESCA PAN BLANCO</p> <p>475,06 Kcal 18,69 Prot. 10,81 Lip. 70,95 HC</p>	<p>28</p> <p>GARBANZOS ESTOFADOS TORTILLA DE PATATA TOMATE ALIÑADO FLAN DE VAINILLA PAN BLANCO</p> <p>693,91 Kcal 28,21 Prot. 26,55 Lip. 80,48 HC</p>
<p>31</p> <p>CANELONES DE CARNE CON BECHAMEL GRATINADOS ALBÓNDIGAS EN SALSA ESPAÑOLA ALIÑO DE ZANAHORIA YOGUR PAN INTEGRAL</p> <p>834,52 Kcal 30,17 Prot. 41,82 Lip. 78,99 HC</p>				



MENÚ

JANUARY 2022

YAGO SCHOOL

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

10

11

12

13

14

PASTA CARBONARA
MACKEREL FILLET IN GREEN SAUCE
SAUTEED GREEN BEANS
YOGHURT
WHOLEMEAL BREAD

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

LENTILS STEW
CHICKEN MEATBALLS IN TOMATO SAUCE
SMALL POTATOES
YOGHURT
FRESH BREAD

VEGETABLES SOUP
AMERICAN HAKE LOIN
SEAFOOD SALAD
FRESH FRUIT
FRESH BREAD

STARS SOUP
ROASTED PORK LOIN IN SAUCE
MIXED SALAD
VANILLA FLAN
FRESH BREAD

765,75 Kcal 37,87 Prot. 26,31 Lip. 88,93 HC

668,8 Kcal 20,71 Prot. 23,16 Lip. 91,47 HC

856,75 Kcal 44,54 Prot. 27,73 Lip. 100,97 HC

469,07 Kcal 24,83 Prot. 11,54 Lip. 62,87 HC

585,22 Kcal 31,48 Prot. 17,34 Lip. 73,48 HC

17

18

19

20

21

STIR FRIED PASTA & VEGETABLES WITH BACON
BAKED SALMON & DILL
MIXED VEGETABLES
YOGHURT
WHOLEMEAL BREAD

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

MIXED PAELLA
GRILLED CHICKEN
FRIES
YOGHURT
FRESH BREAD

CREAM OF COURGETTE WITH FENNEL
GRATIN COD
TOMATO WITH VEGETABLES
FRESH FRUIT
FRESH BREAD

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

715,56 Kcal 35,32 Prot. 25,82 Lip. 81,61 HC

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

818,82 Kcal 45,61 Prot. 24,29 Lip. 102,42 HC

495,13 Kcal 21,55 Prot. 16,22 Lip. 62,13 HC

631,11 Kcal 28,77 Prot. 23,21 Lip. 78,8 HC

24

25

26

27

28

PASTA IN BOLOGNESE SAUCE
TUNA DUMPLINGS
SAUTEED VEGETABLES
YOGHURT
WHOLEMEAL BREAD

PUMKIN SOUP
BURGER WITH CHEESE
SALAD
FRESH FRUIT
FRESH BREAD

RICE IN TOMATO
PORK LOIN IN SAUCE
SASUTEED MUSHROOMS WITH GARLIC AND PARSLEY
YOGHURT
FRESH BREAD

CARROT SOUP
BAKED FISH
BAKED POTATOES
FRESH FRUIT
FRESH BREAD

CHICKEPEA STEW
SPANISH OMELET
TOMATO SALAD
VANILLA FLAN
FRESH BREAD

896,23 Kcal 32,04 Prot. 31,34 Lip. 117,92 HC

641,34 Kcal 24,19 Prot. 26 Lip. 56,15 HC

755,24 Kcal 37,21 Prot. 22,02 Lip. 99,2 HC

475,06 Kcal 18,69 Prot. 10,81 Lip. 70,95 HC

693,91 Kcal 28,21 Prot. 26,55 Lip. 80,48 HC

31

GRATINED MEAT CANNELLONI WITH
BECHAMEL
MEATBALLS IN SAUCE
CARROT SALAD
YOGHURT
WHOLEMEAL BREAD

834,52 Kcal 30,17 Prot. 41,82 Lip. 78,99 HC