



MENÚ

MAYO 2022

YAGO SCHOOL

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

02

FESTIVO

03

SALMOREJO
TORTILLA PATATAS
ALIÑO DE ZANAHORIAS
YOGUR
PAN BLANCO

681,75 Kcal 26,4 Prot. 28,37 Lip. 76,78 HC

04

FESTIVO

05

NO LECTIVO

06

NO LECTIVO

09

CANELONES DE CARNE
REVUELTO DE BACON
PANACHE DE VERDURAS
FRUTA FRESCA
PAN INTEGRAL

738,8 Kcal 31,11 Prot. 40,83 Lip. 57,45 HC

10

ENSALADA GARBANZOS
SALCHICHAS AL VINO
ENSALADA VARIADA
FRUTA FRESCA
PAN BLANCO

626,59 Kcal 25,03 Prot. 30,62 Lip. 58,28 HC

11

ARROZ TRES DELICIAS
LOMO EN SALSA DE MANZANA
PATATAS FRITAS
FRUTA FRESCA
PAN BLANCO

824,02 Kcal 36,14 Prot. 26,94 Lip. 105,8 HC

12

CREMA DE CALABACIN CON AROMA DE
HINOJO
BACALAO GRATINADO
PISTO
YOGUR NATURAL CON TOPPING
PAN BLANCO

496,14 Kcal 24,3 Prot. 18,6 Lip. 55,29 HC

13

GUISO DE PATATAS CON CARNE
CROQUETAS DE POLLO
ENSALADA DE REMOLACHA
FRUTA FRESCA
PAN BLANCO

610,2 Kcal 17,79 Prot. 19,33 Lip. 86,15 HC

16

CODITOS BOLOÑESA
EMPANADILLAS DE ATUN
SALTEADO DE VERDURAS

FRUTA FRESCA
PAN INTEGRAL
817,05 Kcal 25,89 Prot. 27,13 Lip. 112,39 HC

17

GUISANTES CON JAMÓN
HAMBURGUESA CON QUESO
ENSALADA DE LECHUGA, MAIZ Y
ZANAHORIA
FRUTA FRESCA
PAN BLANCO

749,32 Kcal 36,01 Prot. 28,29 Lip. 60,42 HC

18

ARROZ CON TOMATE
POLLO EN SALSA
CHAMPIÑONES SALTEADOS CON AJO Y
PEREJIL
FRUTA FRESCA
PAN BLANCO

666,35 Kcal 30,61 Prot. 19,16 Lip. 89,07 HC

19

CREMA DE ZANAHORIA
FOGONERO AL HORNO CON SALSA
MARINERA
PATATAS PANADERAS AL HORNO
FRUTA FRESCA
PAN BLANCO

508,77 Kcal 22,26 Prot. 11,36 Lip. 73,48 HC

20

GAZPACHO
TORTILLA FRANCESA
ENSALADA DE COL
YOGUR
PAN BLANCO

502,22 Kcal 24,26 Prot. 20,84 Lip. 57,18 HC

23

WOK DE PASTA CON VERDURAS Y BACON
MERLUZA A LA ROMANA
ALIÑO DE ZANAHORIAS

FRUTA FRESCA
PAN INTEGRAL
638,04 Kcal 27,67 Prot. 17,2 Lip. 87,1 HC

24

ALIÑO DE JUDÍAS VERDES
ALBONDIGAS EN SALSA ESPAÑOLA
CALABACIN REBOZADO

YOGUR NATURAL CON TOPPING
PAN BLANCO
817,38 Kcal 29,02 Prot. 43,84 Lip. 70,51 HC

25

SALMOREJO
LOMO EN SALSA DE CIRUELAS
ENSALADA MIXTA

FRUTA FRESCA
PAN BLANCO
582,16 Kcal 30,36 Prot. 21,29 Lip. 63,75 HC

26

PAELLA
SALMÓN EN SALSA DE SOJA
CALABAZA AL HORNO

FRUTA FRESCA
PAN BLANCO
664,75 Kcal 29,07 Prot. 21,09 Lip. 86,69 HC

27

PATATAS ALIÑADAS
REVUELTO DE JAMÓN SERRANO
CHAMPIÑONES SALTEADOS CON AJO Y
PEREJIL

FRUTA FRESCA
PAN BLANCO
684,2 Kcal 34,62 Prot. 26,98 Lip. 70,71 HC

30

MACARRONES CON TOMATE
FOGONERO EN SALSA MARINERA
BROCOLI SALTEADO
FRUTA FRESCA
PAN INTEGRAL

574,53 Kcal 29,2 Prot. 12,98 Lip. 78,46 HC

31

CREMA DE CALABACIN
POLLO A LA PLANCHA CON LIMON
AROS DE CEBOLLA FRITOS
FRUTA FRESCA
PAN BLANCO

549,7 Kcal 28,08 Prot. 25,15 Lip. 52,7 HC



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SCHOOL HOLIDAY

SALMOREJO
SPANISH OMELETTE
CARROT SALAD
YOGHURT
FRESH BREAD

SCHOOL HOLIDAY

NO SCHOOL DAY

NO SCHOOL DAY

681,75 Kcal 26,4 Prot. 28,37 Lip. 76,78 HC

09

10

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13

MEAT CANNELLONI
SCRAMBLED EGGS WITH BACON
VEGETABLES PANACHE
FRESH FRUIT
WHOLEMEAL BREAD

CHICKPEAS SALAD
SAUSAGES WITH WINE
SALAD
FRESH FRUIT
FRESH BREAD

THREE DELIGHTS RICE
PORK LOIN IN APPLE SAUCE
FRIES
FRESH FRUIT
FRESH BREAD

CREAM OF COURGETTE WITH FENNEL
COD AU GRATIN
VEGETABLES WITH TOMATO
YOGHURT WITH TOPPING
FRESH BREAD

POTATO STEW WITH MEAT
CHICKEN CROQUETTES
BEET SALAD
FRESH FRUIT
FRESH BREAD

738,8 Kcal 31,11 Prot. 40,83 Lip. 57,45 HC

626,59 Kcal 25,03 Prot. 30,62 Lip. 58,28 HC

824,02 Kcal 36,14 Prot. 26,94 Lip. 105,8 HC

496,14 Kcal 24,3 Prot. 18,6 Lip. 55,29 HC

610,2 Kcal 17,79 Prot. 19,33 Lip. 86,15 HC

16

17

18

19

20

PASTA IN BOLOGNESE SAUCE
TUNA DUMPLINGS
SAUTEED VEGETABLES
FRESH FRUIT
WHOLEMEAL BREAD

PEAS WITH HAM
BURGER WITH CHEESE
SALAD
FRESH FRUIT
FRESH BREAD

RICE IN TOMATO SAUCE
CHICKEN IN SAUCE
SASUTEED MUSHROOMS WITH GARLIC
AND PARSLEY
FRESH FRUIT
FRESH BREAD

CREAM OF CARROT
HAKE IN SAUCE
BAKED POTATOES
FRESH FRUIT
FRESH BREAD

GAZPACHO
FRENCH OMELET
CABBAGE SALAD
YOGHURT
FRESH BREAD

817,05 Kcal 25,89 Prot. 27,13 Lip. 112,39 HC

749,32 Kcal 36,01 Prot. 28,29 Lip. 60,42 HC

666,35 Kcal 30,61 Prot. 19,16 Lip. 89,07 HC

508,77 Kcal 22,26 Prot. 11,36 Lip. 73,48 HC

502,22 Kcal 24,26 Prot. 20,84 Lip. 57,18 HC

23

24

25

26

27

PASTA WOK WITH VEGETABLES AND BACON
BREADED HAKE
CARROT SALAD
FRESH FRUIT
WHOLEMEAL BREAD

GREEN BEANS SALAD
MEATBALLS IN SAUCE
BREADED COURGETTE
YOGHURT WITH TOPPING
FRESH BREAD

SALMOREJO
PORK LOIN IN PLUMS SAUCE
MIXED SALAD
FRESH FRUIT
FRESH BREAD

PAELLA
SALMON IN SOY SAUCE
ROASTED PUMPKIN
FRESH FRUIT
FRESH BREAD

POTATO SALAD
SCRAMBLED HAM
SASUTEED MUSHROOMS WITH GARLIC
AND PARSLEY
FRESH FRUIT
FRESH BREAD

638,04 Kcal 27,67 Prot. 17,2 Lip. 87,1 HC

817,38 Kcal 29,02 Prot. 43,84 Lip. 70,51 HC

582,16 Kcal 30,36 Prot. 21,29 Lip. 63,75 HC

664,75 Kcal 29,07 Prot. 21,09 Lip. 86,69 HC

684,2 Kcal 34,62 Prot. 26,98 Lip. 70,71 HC

30

31

PASTA IN TOMATO SAUCE
HAKE IN SAUCE
SAUTEED BROCCOLI
FRESH FRUIT
WHOLEMEAL BREAD

CREAM OF COURGETTE
GRILLED CHICKEN WITH LEMON
ONION RINGS
FRESH FRUIT
FRESH BREAD

574,53 Kcal 29,2 Prot. 12,98 Lip. 78,46 HC

549,7 Kcal 28,08 Prot. 25,15 Lip. 52,7 HC