



MENÚ

ABRIL 2024

YAGO SCHOOL

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

01
MACARRONES CON TOMATE
PALITOS DE MERLUZA
BROCOLI SALTEADO
FRUTA FRESCA
PAN INTEGRAL
 696,88 Kcal 19,71 Prot. 23,64 Lip. 99,96 HC

02
CREMA DE CALABACIN
TORTILLA FRANCESA
ENSALADA DE MAIZ CON ACEITUNAS
FRUTA FRESCA
PAN BLANCO
 446,9 Kcal 19,43 Prot. 17,05 Lip. 55,42 HC

03
LENTEJAS ESTOFADAS
ESTOFADO DE TERNERA
PATATAS AL HORNO AL TOMILLO LIMÓN
YOGUR
PAN BLANCO
 828,56 Kcal 38,29 Prot. 33,74 Lip. 87,65 HC

04
ARROZ CON CARNE Y ALCACHOFA
CABALLA CON TOMATE, ALBAHACA Y OREGANO
SALTEADO DE VERDURAS
FRUTA FRESCA
PAN BLANCO
 694,19 Kcal 29,31 Prot. 20,71 Lip. 91,83 HC

05
CREMA DE CALABAZA
POLLO A LA PLANCHA CON LIMON
ENSALADA VARIADA
FRUTA FRESCA
PAN BLANCO
 534,63 Kcal 28,58 Prot. 20,36 Lip. 54,99 HC

08
CODITOS BOLOÑESA
CROQUETAS DE BACALAO
COLIFLOR SALTEADA
FLAN DE VAINILLA
PAN INTEGRAL
 742,32 Kcal 23,72 Prot. 23,89 Lip. 103,93 HC

09
ALUBIAS CON ACELGAS
POLLO A LA MOSTAZA
ENSALADA MIXTA
FRUTA FRESCA
PAN BLANCO
 707,55 Kcal 40,33 Prot. 25,99 Lip. 70,72 HC

10
ESPINACAS CON BECHAMEL GRATINADAS
ALBONDIGAS EN SALSA DE ALMENDRAS
PATATAS ASADAS
FRUTA FRESCA
PAN BLANCO
 693,87 Kcal 35,22 Prot. 25,36 Lip. 71,22 HC

11
PAELLA
LOMO DE MERLUZA AL HORNO
ZANAHORIA BABY SALTEADA
YOGUR NATURAL CON TOPPING
PAN BLANCO
 577,79 Kcal 28,02 Prot. 14,86 Lip. 80,92 HC

12
CREMA DE PUERROS Y PATATAS
REVUELTO DE ESPARRAGOS
TOMATE ALIÑADO
FRUTA FRESCA
PAN BLANCO
 528,69 Kcal 20,65 Prot. 20,24 Lip. 60,01 HC

15
ESPIRALES CON CHORIZO
GALLO AL HORNO CON AJO Y PEREJIL
ENSALADA DE COL
YOGUR
PAN INTEGRAL
 714,83 Kcal 32,15 Prot. 27,24 Lip. 81,74 HC

16
SALMOREJO
LOMO EN SALSA DE MANZANA
MENESTRA DE VERDURAS
FRUTA FRESCA
PAN BLANCO
 578,83 Kcal 30,15 Prot. 19,65 Lip. 67,03 HC

17
FESTIVO

18
NO LECTIVO

19
NO LECTIVO

22
CODITOS CARBONARA
SALMON AL ENELDO
ENSALADA DE MAIZ Y REMOLACHA
FRUTA FRESCA
PAN INTEGRAL
 701,35 Kcal 30,97 Prot. 25,19 Lip. 82,71 HC

23
GAZPACHO
CORDON BLEU DE PAVO
PATATAS PANADERAS
YOGUR NATURAL CON TOPPING
PAN BLANCO
 746,46 Kcal 39,04 Prot. 33,61 Lip. 69,05 HC

24
PISTO MANCHEGO CON HUEVO
SALCHICHAS CON SALSA BARBACOA
ENSALADA VARIADA
FRUTA FRESCA
PAN BLANCO
 615,76 Kcal 26,79 Prot. 31,89 Lip. 51,21 HC

25
ARROZ 3 DELICIAS CON SALSA DE SOJA
BACALAO AL GRATEN CON ALIO OLI Y FLORES DE MAIZ
GUISANTES SALTEADOS
FRUTA FRESCA
PAN BLANCO
 721,02 Kcal 34,28 Prot. 19,69 Lip. 97,52 HC

26
PATATAS A LA MARINERA
TORTILLA FRANCESA
COLIFLOR SALTEADA
FLAN DE VAINILLA
PAN BLANCO
 560,92 Kcal 24,85 Prot. 16,33 Lip. 78,88 HC

29
LACITOS BOLOÑESA
FOGONERO AL HORNO CON SALSA MEDITERRANEA
CALABAZA ASADA
FRUTA FRESCA
PAN INTEGRAL
 595,44 Kcal 27,18 Prot. 16,33 Lip. 78,94 HC

30
PAELLA
REVUELTO DE PATATAS, CEBOLLA Y PIMIENTO
ENSALADA MIXTA
FRUTA FRESCA
PAN BLANCO
 701,05 Kcal 24,95 Prot. 24,56 Lip. 92,01 HC



MENÚ

APRIL 2024

YAGO SCHOOL

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

01

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

696,88 Kcal 19,71 Prot. 23,64 Lip. 99,96 HC

02

CREAM OF COURGETTE
FRENCH OMELET
SWEET CORN SALAD WITH OLIVES
FRESH FRUIT
FRESH BREAD

446,9 Kcal 19,43 Prot. 17,05 Lip. 55,42 HC

03

STEWED LENTILS
BEEF STEW
THYME AND LEMON BAKED POTATOES
YOGHURT
FRESH BREAD

828,56 Kcal 38,29 Prot. 33,74 Lip. 87,65 HC

04

RICE WITH MEAT AND ANTICHOKES
FISH IN TOMATO SAUCE WITH BASIL
SAUTEED VEGETABLES
FRESH FRUIT
FRESH BREAD

694,19 Kcal 29,31 Prot. 20,71 Lip. 91,83 HC

05

CREAM OF PUMPKIN
GRILLED CHICKEN WITH LEMON
SALAD
FRESH FRUIT
FRESH BREAD

534,63 Kcal 28,58 Prot. 20,36 Lip. 54,99 HC

08

PASTA IN BOLOGNESE SAUCE
COD CROQUETTES
SAUTEED CAULIFLOWER
VANILLA FLAN
WHOLEMEAL BREAD

742,32 Kcal 23,72 Prot. 23,89 Lip. 103,93 HC

09

BEANS WITH CHARD
MUSTARD CHICKEN
MIXED SALAD
FRESH FRUIT
FRESH BREAD

707,55 Kcal 40,33 Prot. 25,99 Lip. 70,72 HC

10

GRATIN SPINACH WITH BECHAMEL
MEATBALLS IN ALMOND SAUCE
ROASTED POTATOES
FRESH FRUIT
FRESH BREAD

693,87 Kcal 35,22 Prot. 25,36 Lip. 71,22 HC

11

PAELLA
BAKED HAKE
SAUTEED BABY CARROTS
YOGHURT WITH TOPPING
FRESH BREAD

577,79 Kcal 28,02 Prot. 14,86 Lip. 80,92 HC

12

VICHYSOISE
SCRAMBLED ASPARAGUS
TOMATO SALAD
FRESH FRUIT
FRESH BREAD

528,69 Kcal 20,65 Prot. 20,24 Lip. 60,01 HC

15

PASTA WITH "CHORIZO"
BAKED FISH WITH GARLIC AND PEARSLEY
CABBAGE SALAD
YOGHURT
WHOLEMEAL BREAD

714,83 Kcal 32,15 Prot. 27,24 Lip. 81,74 HC

16

SALMOREJO
PORK LOIN IN APPLE SAUCE
VEGETABLES
FRESH FRUIT
FRESH BREAD

578,83 Kcal 30,15 Prot. 19,65 Lip. 67,03 HC

17

SCHOOL HOLIDAY

18

NO SCHOOL DAY

19

NO SCHOOL DAY

22

PASTA IN CARBONARA SAUCE
BAKED SALMON
CORN AND BEET SALAD
FRESH FRUIT
WHOLEMEAL BREAD

701,35 Kcal 30,97 Prot. 25,19 Lip. 82,71 HC

23

GAZPACHO
TURKEY CORDON BLEU
BAKED POTATOES
YOGHURT WITH TOPPING
FRESH BREAD

746,46 Kcal 39,04 Prot. 33,61 Lip. 69,05 HC

24

VEGETABLES WITH TOMATO AND EGG
SAUSAGES IN BERBECUE SAUCE
SALAD
FRESH FRUIT
FRESH BREAD

615,76 Kcal 26,79 Prot. 31,89 Lip. 51,21 HC

25

THREE DELIGHTS RICE WITH SOY SAUCE
GRATIN COD WITH CORN FLOWERS
SAUTEED PEAS
FRESH FRUIT
FRESH BREAD

721,02 Kcal 34,28 Prot. 19,69 Lip. 97,52 HC

26

SEAFOOD POTATOES
FRENCH OMELET
SAUTEED CAULIFLOWER
VANILLA FLAN
FRESH BREAD

560,92 Kcal 24,85 Prot. 16,33 Lip. 78,88 HC

29

PASTA IN BOLOGNESE SAUCE
FISH IN SAUCE
ROASTED PUMPKIN
FRESH FRUIT
WHOLEMEAL BREAD

595,44 Kcal 27,18 Prot. 16,33 Lip. 78,94 HC

30

PAELLA
SCRAMBLED POTATOES WITH ONION AND
PEPPERS
MIXED SALAD
FRESH FRUIT
FRESH BREAD

701,05 Kcal 24,95 Prot. 24,56 Lip. 92,01 HC