



# MENÚ

ABRIL 2024

YAGO SCHOOL NURSERY

## LUNES

## MARTES

## MIÉRCOLES

## JUEVES

## VIERNES

01  
**MACARRONES CON TOMATE**  
**FOGONERO A LA ROTEÑA**  
**BROCOLI SALTEADO**  
**FRUTA FRESCA**  
**PAN INTEGRAL**  
 554,28 Kcal 26,11 Prot. 12,55 Lip. 77,47 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**  
**YOGUR**  
**PAN BLANCO**  
 828,56 Kcal 38,29 Prot. 33,74 Lip. 87,65 HC

04  
**ARROZ CON CARNE**  
**MERLUZA CON TOMATE**  
**SALTEADO DE VERDURAS**  
**FRUTA FRESCA**  
**PAN BLANCO**  
 618,71 Kcal 28,69 Prot. 13,04 Lip. 91,78 HC

05  
**CREMA DE CALABAZA**  
**POLLO AL HORNO**  
**ENSALADA VARIADA**  
**FRUTA FRESCA**  
**PAN BLANCO**  
 521,6 Kcal 27,45 Prot. 19,72 Lip. 55,13 HC

08  
**CODITOS CON VERDURAS**  
**BACALAO AL HORNO**  
**COLIFLOR SALTEADA**  
**FLAN DE VAINILLA**  
**PAN INTEGRAL**  
 575,34 Kcal 27,83 Prot. 12,6 Lip. 83,4 HC

09  
**ALUBIAS ESTOFADAS**  
**POLLO EN SALSAS**  
**ENSALADA MIXTA**  
**FRUTA FRESCA**  
**PAN BLANCO**  
 675,95 Kcal 37,32 Prot. 22,04 Lip. 73,2 HC

10  
**CREMA DE VERDURAS**  
**LOMO AL HORNO**  
**PATATAS ASADAS**  
**FRUTA FRESCA**  
**PAN BLANCO**  
 609,04 Kcal 31,92 Prot. 18,77 Lip. 73,44 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 PATATAS**  
**TOMATE ALIÑADO**  
**FRUTA FRESCA**  
**PAN BLANCO**  
 559,99 Kcal 20,86 Prot. 20,22 Lip. 68,53 HC

15  
**ESPIRALES CON TOMATE**  
**GALLO AL HORNO CON AJO Y PEREJIL**  
**ENSALADA DE COL**  
**YOGUR**  
**PAN INTEGRAL**  
 617,03 Kcal 30,58 Prot. 17,12 Lip. 81,74 HC

16  
**SALMOREJO**  
**LOMO AL HORNO**  
**MENESTRA DE VERDURAS**  
**FRUTA FRESCA**  
**PAN BLANCO**  
 567,16 Kcal 29,59 Prot. 19,6 Lip. 63,68 HC

17  
**FESTIVO**

18  
**NO LECTIVO**

19  
**NO LECTIVO**

22  
**CODITOS CON VERDURAS**  
**SALMON AL ENELDO**  
**ENSALADA DE MAIZ Y REMOLACHA**  
**FRUTA FRESCA**  
**PAN INTEGRAL**  
 656,68 Kcal 27,46 Prot. 21,46 Lip. 83,37 HC

23  
**GAZPACHO**  
**LOMO EN SALSAS**  
**PATATAS PANADERAS**  
**YOGUR NATURAL CON TOPPING**  
**PAN BLANCO**  
 608,33 Kcal 30,6 Prot. 28 Lip. 54,55 HC

24  
**PISTO MANCHEGO CON HUEVO**  
**POLLO AL HORNO**  
**ENSALADA VARIADA**  
**FRUTA FRESCA**  
**PAN BLANCO**  
 534,98 Kcal 33,1 Prot. 23,26 Lip. 45,34 HC

25  
**ARROZ 3 DELICIAS**  
**BACALAO AL HORNO**  
**GUISANTES SALTEADOS**  
**FRUTA FRESCA**  
**PAN BLANCO**  
 619,76 Kcal 28,4 Prot. 14,23 Lip. 90,58 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 CON TOMATE**  
**FOGONERO AL HORNO CON SALSAS**  
**MEDITERRANEA**  
**CALABAZA ASADA**  
**FRUTA FRESCA**  
**PAN INTEGRAL**  
 526,73 Kcal 22,35 Prot. 10,83 Lip. 78,9 HC

30  
**PAELLA**  
**REVUELTO DE JAMÓN SERRANO**  
**ENSALADA MIXTA**  
**FRUTA FRESCA**  
**PAN BLANCO**  
 709,24 Kcal 33,08 Prot. 25,35 Lip. 84,57 HC



# MENÚ

APRIL 2024

YAGO SCHOOL

## LUNES

## MARTES

## MIÉRCOLES

## JUEVES

## VIERNES

01  
 PASTA IN TOMATO SAUCE  
 FISH IN SAUCE  
 SAUTEED BROCCOLI  
 FRESH FRUIT  
 WHOLEMEAL BREAD  
 554,28 Kcal 26,11 Prot. 12,55 Lip. 77,47 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  
 HAKE IN TOMATO SAUCE  
 SAUTEED VEGETABLES  
 FRESH FRUIT  
 FRESH BREAD  
 618,71 Kcal 28,69 Prot. 13,04 Lip. 91,78 HC

05  
 CREAM OF PUMPKIN  
 BAKED CHICKEN  
 SALAD  
 FRESH FRUIT  
 FRESH BREAD  
 521,6 Kcal 27,45 Prot. 19,72 Lip. 55,13 HC

08  
 PASTA WITH VEGETABLES  
 BAKED COD  
 SAUTEED CAULIFLOWER  
 VANILLA FLAN  
 WHOLEMEAL BREAD  
 575,34 Kcal 27,83 Prot. 12,6 Lip. 83,4 HC

09  
 STEWED BEANS  
 CHICKEN IN SAUCE  
 MIXED SALAD  
 FRESH FRUIT  
 FRESH BREAD  
 675,95 Kcal 37,32 Prot. 22,04 Lip. 73,2 HC

10  
 CREAM OF VEGETABLES  
 BAKED PORK LOIN  
 ROASTED POTATOES  
 FRESH FRUIT  
 FRESH BREAD  
 609,04 Kcal 31,92 Prot. 18,77 Lip. 73,44 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 POTATOES  
 TOMATO SALAD  
 FRESH FRUIT  
 FRESH BREAD  
 559,99 Kcal 20,86 Prot. 20,22 Lip. 68,53 HC

15  
 PASTA IN TOMATO SAUCE  
 BAKED FISH WITH GARLIC AND PEARSLEY  
 CABBAGE SALAD  
 YOGHURT  
 WHOLEMEAL BREAD  
 617,03 Kcal 30,58 Prot. 17,12 Lip. 81,74 HC

16  
 SALMOREJO  
 BAKED PORK LOIN  
 VEGETABLES  
 FRESH FRUIT  
 FRESH BREAD  
 567,16 Kcal 29,59 Prot. 19,6 Lip. 63,68 HC

17  
 SCHOOL HOLIDAY

18  
 NO SCHOOL DAY

19  
 NO SCHOOL DAY

22  
 PASTA WITH VEGETABLES  
 BAKED SALMON  
 CORN AND BEET SALAD  
 FRESH FRUIT  
 WHOLEMEAL BREAD  
 656,68 Kcal 27,46 Prot. 21,46 Lip. 83,37 HC

23  
 GAZPACHO  
 PORK LOIN IN SAUCE  
 BAKED POTATOES  
 YOGHURT WITH TOPPING  
 FRESH BREAD  
 608,33 Kcal 30,6 Prot. 28 Lip. 54,55 HC

24  
 VEGETABLES WITH TOMATO AND EGG  
 BAKED CHICKEN  
 SALAD  
 FRESH FRUIT  
 FRESH BREAD  
 534,98 Kcal 33,1 Prot. 23,26 Lip. 45,34 HC

25  
 THREE DELIGHTS RICE  
 BAKED COD  
 SAUTEED PEAS  
 FRESH FRUIT  
 FRESH BREAD  
 619,76 Kcal 28,4 Prot. 14,23 Lip. 90,58 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 TOMATO SAUCE  
 FISH IN SAUCE  
 ROASTED PUMPKIN  
 FRESH FRUIT  
 WHOLEMEAL BREAD  
 526,73 Kcal 22,35 Prot. 10,83 Lip. 78,9 HC

30  
 PAELLA  
 SCRAMBLED HAM  
 MIXED SALAD  
 FRESH FRUIT  
 FRESH BREAD  
 709,24 Kcal 33,08 Prot. 25,35 Lip. 84,57 HC