



# MENÚ

MAYO 2024

YAGO SCHOOL

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

06

CANELONES DE CARNE  
REVUELTO DE BACON  
PANACHE DE VERDURAS  
NATILLAS CASERAS  
PAN INTEGRAL

821,18 Kcal 35,12 Prot. 46 Lip. 63,87 HC

13

CODITOS BOLOÑESA  
EMPANADILLAS DE ATUN

SALTEADO DE VERDURAS

FRUTA FRESCA  
PAN INTEGRAL

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

20

WOK DE TALLARINES CON VERDURAS Y BACON

RABAS DE CALAMAR

ALIÑO DE ZANAHORIAS

FRUTA FRESCA

PAN INTEGRAL

638,28 Kcal 17,15 Prot. 21,04 Lip. 88,86 HC

27

MACARRONES CON TOMATE  
FOGONERO A LA VASCA  
BROCOLI SALTEADO  
FRUTA FRESCA  
PAN INTEGRAL

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

07

ALIÑO DE ALUBIAS  
SALCHICHAS CON PIMIENTOS  
ENSALADA VARIADA  
FRUTA FRESCA  
PAN BLANCO

586,59 Kcal 23,1 Prot. 28,05 Lip. 56,43 HC

14

HABAS BABY ESPARRAGADAS  
HAMBURGUESA CON QUESO

ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA

FRUTA FRESCA  
PAN BLANCO

682,34 Kcal 32,46 Prot. 27,09 Lip. 53,98 HC

21

VICHYSOISE

ALBONDIGAS EN SALSA ESPAÑOLA

CALABACIN REBOZADO  
YOGUR NATURAL CON COULIS DE FRUTOS  
DEL BOSQUE

PAN BLANCO

753,19 Kcal 33,05 Prot. 30,98 Lip. 80,07 HC

28

GAZPACHO  
POLLO A LA PLANCHA CON LIMON  
ENSALADA DE MAIZ CON ACEITUNAS  
FRUTA FRESCA  
PAN BLANCO

562,8 Kcal 27,65 Prot. 28,71 Lip. 45,66 HC

01

FESTIVO

08

PAELLA MIXTA  
PAVO EN SALSA  
PATATAS FRITAS  
FRUTA FRESCA  
PAN BLANCO

771,09 Kcal 32,92 Prot. 26,06 Lip. 97,98 HC

15

ARROZ CON TOMATE  
POLLO EN SALSA

CHAMPIÑONES SALTEADOS CON AJO Y  
PEREJIL

FRUTA FRESCA  
PAN BLANCO

666,05 Kcal 30,61 Prot. 19,16 Lip. 89,07 HC

22

SALMOREJO CASERO

FRICASÉ DE PAVO

ENSALADA MIXTA

FRUTA FRESCA

PAN BLANCO

533,65 Kcal 26,82 Prot. 20,26 Lip. 57,91 HC

29

ALIÑO DE GARBANZOS  
REDONDO DE TERNERA ASADO EN SALSA  
PATATAS AL HORNO AL TOMILLO LIMÓN  
YOGUR  
PAN BLANCO

677,23 Kcal 43,72 Prot. 23,06 Lip. 70,31 HC

02

GAZPACHO

GALLO SAN PEDRO A LA SICILIANA

ENSALADA DE MAR

FRUTA FRESCA  
PAN BLANCO

511,44 Kcal 21,96 Prot. 23,4 Lip. 50,32 HC

09

JUDIAS VERDES CON JAMON Y TOMATE  
BACALAO CON MUSELINA DE AJO  
PISTO

YOGUR NATURAL CON TOPPING  
PAN BLANCO

503,95 Kcal 26,75 Prot. 18,7 Lip. 52,59 HC

16

CUSCÚS CON VERDURAS  
LAGRIMITAS DE FOGONERO CON DIP DE  
MAHONESA DE AGUACATE

PATATAS PANADERAS AL HORNO

FRUTA FRESCA  
PAN BLANCO

629,3 Kcal 22,88 Prot. 14,2 Lip. 98,39 HC

23

PAELLA

LOMO DE MERLUZA CON SALSA AMERICANA

PANACHÉ DE VERDURAS

FRUTA FRESCA

PAN BLANCO

598,19 Kcal 27,95 Prot. 12,77 Lip. 89,71 HC

30

ARROZ CON MAGRO Y ALCACHOFA  
CABALLA EN SALSA POMODORO  
SALTEADO DE VERDURAS  
FRUTA FRESCA  
PAN BLANCO

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

03

ENSALADILLA RUSA  
JAMONCITOS DE POLLO ASADO ESTILO  
BARBACOA  
ENSALADA DE JUDIAS VERDES, ZANAHORIA  
Y MAIZ

FRUTA FRESCA  
PAN BLANCO

795,17 Kcal 33,39 Prot. 45,96 Lip. 58,14 HC

10

GUISO DE PATATAS CON MAGRO  
CROQUETAS DE POLLO  
ENSALADA DE ZANAHORIAS  
FRUTA FRESCA  
PAN BLANCO

644,97 Kcal 18,17 Prot. 19,43 Lip. 93,14 HC

17

GUISANTES EN AMARILLO  
TORTILLA FRANCESA

TOMATE ALIÑADO

YOGUR  
PAN BLANCO

574,28 Kcal 29,68 Prot. 19,66 Lip. 66,77 HC

24

AJOBLANCO  
REVUELTO DE PATATAS CON JAMÓN  
SERRANO  
ENSALADA DE TOMATE Y QUESO BLANCO

FRUTA FRESCA

PAN BLANCO

799,89 Kcal 34,87 Prot. 44,74 Lip. 60,06 HC

31

ALIÑO DE PATATAS CON CEBOLLA  
HUEVOS AL PLATO  
ENSALADA VARIADA  
FRUTA FRESCA  
PAN BLANCO

661,09 Kcal 24,72 Prot. 29,52 Lip. 69,54 HC



# MENÚ

MAY 2024

YAGO SCHOOL

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

01

02

03

SCHOOL HOLIDAY

GAZPACHO  
FISH IN SAUCE  
SEAFOOD SALAD  
FRESH FRUIT  
FRESH BREAD

511,44 Kcal 21,96 Prot. 23,4 Lip. 50,32 HC

POTATOE SALAD WITH TUNA  
CHICKEN LEGS WITH BARBECUE SAUCE  
GREEN BEANS, CARROT AND CORN SALAD  
FRESH FRUIT  
FRESH BREAD

795,17 Kcal 33,39 Prot. 45,96 Lip. 58,14 HC

06

07

08

09

10

MEAT CANNELONI  
SCRAMBLED EGGS WITH BACON  
VEGETABLES PANACHE  
CUSTARD  
WHOLEMEAL BREAD

821,18 Kcal 35,12 Prot. 46 Lip. 63,87 HC

BEANS SALAD  
SAUSAGES WITH PEPPERS  
SALAD  
FRESH FRUIT  
FRESH BREAD

586,59 Kcal 23,1 Prot. 28,05 Lip. 56,43 HC

MIXED PAELLA  
TURKEY IN SAUCE  
FRIES  
FRESH FRUIT  
FRESH BREAD

771,09 Kcal 32,92 Prot. 26,06 Lip. 97,98 HC

GREEN BEANS WITH HAM AND TOMATO  
COD IN SAUCE  
VEGETABLES WITH TOMATO  
YOGHURT WITH TOPPING  
FRESH BREAD

503,95 Kcal 26,75 Prot. 18,7 Lip. 52,59 HC

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

644,97 Kcal 18,17 Prot. 19,43 Lip. 93,14 HC

13

14

15

16

17

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

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

BABY BEANS  
CHEESEBURGER  
SALAD  
FRUTA FRESCA  
FRESH BREAD

682,34 Kcal 32,46 Prot. 27,09 Lip. 53,98 HC

RICE IN TOMATO SAUCE  
CHICKEN IN SAUCE  
SAUTEED MUSHROOMS  
FRESH FRUIT  
FRESH BREAD

666,05 Kcal 30,61 Prot. 19,16 Lip. 89,07 HC

COUS COUS WITH VEGETABLES  
FRIED FISH WITH MAYONNAISE  
BAKED POTATOES  
FRESH FRUIT  
FRESH BREAD

629,3 Kcal 22,88 Prot. 14,2 Lip. 98,39 HC

STEWED PEAS  
FRENCH OMELET  
TOMATO SALAD  
YOGHURT  
FRESH BREAD

574,28 Kcal 29,68 Prot. 19,66 Lip. 66,77 HC

20

21

22

23

24

PASTA WOK WITH VEGETABLES AND BACON  
FRIED SQUID  
CARROT SALAD  
FRESH FRUIT  
WHOLEMEAL BREAD

638,28 Kcal 17,15 Prot. 21,04 Lip. 88,86 HC

VICHYSOISE  
MEATBALLS IN SPANISH SAUCE  
BREADED COURGETTE  
YOGHURT WITH TOPPING  
FRESH BREAD

753,19 Kcal 33,05 Prot. 30,98 Lip. 80,07 HC

SALMOREJO  
TURKEY FRICASE  
MIXED SALAD  
FRESH FRUIT  
FRESH BREAD

533,65 Kcal 26,82 Prot. 20,26 Lip. 57,91 HC

PAELLA  
HAKE IN SAUCE  
SAUTEED BABY CARROTS  
FRESH FRUIT  
FRESH BREAD

598,19 Kcal 27,95 Prot. 12,77 Lip. 89,71 HC

AJOBLANCO  
SCRAMBLED POTATOS WITH HAM  
TOMATO SALAD WITH CHEESE  
FRESH FRUIT  
FRESH BREAD

799,89 Kcal 34,87 Prot. 44,74 Lip. 60,06 HC

27

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31

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

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

GAZPACHO  
GRILLED CHICKEN WITH LEMON  
SWEET CORN SALAD WITH OLIVES  
FRESH FRUIT  
FRESH BREAD

562,8 Kcal 27,65 Prot. 28,71 Lip. 45,66 HC

CHICKPEAS SALAD  
BEEF IN SAUCE  
BAKED POTATOES  
YOGHURT  
FRESH BREAD

677,23 Kcal 43,72 Prot. 23,06 Lip. 70,31 HC

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

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

POTATOES SALAD WITH ONION  
BAKED EGGS  
SALAD  
FRESH FRUIT  
FRESH BREAD

661,09 Kcal 24,72 Prot. 29,52 Lip. 69,54 HC