



MENÚ

MAYO 2024

YAGO SCHOOL NURSERY

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

		01 FESTIVO	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	03 ENSALADILLA RUSA JAMONCITOS DE POLLO AL HORNO ENSALADA DE JUDIAS VERDES, ZANAHORIA Y MAIZ FRUTA FRESCA PAN BLANCO 795,17 Kcal 33,39 Prot. 45,96 Lip. 58,14 HC
06 MACARRONES NAPOLITANA TORTILLA DE CALABACIN PANACHE DE VERDURAS YOGUR PAN INTEGRAL 706,88 Kcal 21,62 Prot. 23,12 Lip. 98,08 HC	07 ALUBIAS ESTOFADAS MAGRO EN SALS ENSALADA VARIADA FRUTA FRESCA PAN BLANCO 613,13 Kcal 33,94 Prot. 18,49 Lip. 69,86 HC	08 PAELLA MIXTA PAVO EN SALS PATATAS FRITAS FRUTA FRESCA PAN BLANCO 771,09 Kcal 32,92 Prot. 26,06 Lip. 97,98 HC	09 VICHYSOISE BACALAO EN SALS PISTO FRUTA FRESCA PAN BLANCO 514,63 Kcal 25,86 Prot. 14,59 Lip. 65,49 HC	10 GUISO DE PATATAS CON MAGRO POLLO EN PEPITORIA ENSALADA DE ZANAHORIAS FRUTA FRESCA PAN BLANCO 736,05 Kcal 38,13 Prot. 26,75 Lip. 79,27 HC
13 CODITOS CON TOMATE MERLUZA EN SALS SALTEADO DE VERDURAS FRUTA FRESCA PAN INTEGRAL 575,58 Kcal 28,66 Prot. 13,39 Lip. 80,26 HC	14 LENTEJAS ESTOFADAS LOMO EN SALS ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA FRUTA FRESCA PAN BLANCO 612 Kcal 35,87 Prot. 18,89 Lip. 69,3 HC	15 ARROZ CON TOMATE POLLO EN SALS CHAMPIÑONES SALTEADOS CON AJO Y PEREJIL FRUTA FRESCA PAN BLANCO 666,05 Kcal 30,61 Prot. 19,16 Lip. 89,07 HC	16 CREMA DE VERDURAS FOGONERO EN SALS PATATAS PANADERAS AL HORNO FRUTA FRESCA PAN BLANCO 499,37 Kcal 22,38 Prot. 11,35 Lip. 72,46 HC	17 GUISANTES EN AMARILLO TORTILLA FRANCESA TOMATE ALIÑADO YOGUR PAN BLANCO 574,28 Kcal 29,68 Prot. 19,66 Lip. 66,77 HC
20 PASTA CON VERDURAS GALLO EN SALS ALIÑO DE ZANAHORIAS FRUTA FRESCA PAN INTEGRAL 635,5 Kcal 27,06 Prot. 17,15 Lip. 87,27 HC	21 VICHYSOISE POLLO EN SALS ENSALADA YOGUR PAN BLANCO 711,19 Kcal 34,04 Prot. 30,93 Lip. 70,03 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	23 PAELLA MERLUZA EN SALS PANACHÉ DE VERDURAS FRUTA FRESCA PAN BLANCO 616,46 Kcal 30,02 Prot. 14,1 Lip. 89,46 HC	24 CREMA DE VERDURAS REVUELTO DE PATATAS CON JAMÓN SERRANO ENSALADA DE TOMATE Y QUESO BLANCO FRUTA FRESCA PAN BLANCO 630,2 Kcal 33,98 Prot. 26,44 Lip. 61,09 HC
27 MACARRONES CON TOMATE FOGONERO EN SALS BROCOLI SALTEADO FRUTA FRESCA PAN INTEGRAL 560,34 Kcal 26,44 Prot. 12,61 Lip. 78,28 HC	28 GAZPACHO POLLO EN SALS ENSALADA DE MAIZ CON ACEITUNAS FRUTA FRESCA PAN INTEGRAL 571,89 Kcal 28,13 Prot. 28,78 Lip. 47,13 HC	29 LENTEJAS ESTOFADAS REDONDO DE TERNERA ASADO EN SALS PATATAS AL HORNO AL TOMILLO LIMÓN YOGUR PAN BLANCO 730,7 Kcal 47,26 Prot. 21,17 Lip. 83,77 HC	30 ARROZ CON MAGRO Y ALCACHOFA MERLUZA EN SALS POMODORO SALTEADO DE VERDURAS FRUTA FRESCA PAN BLANCO 642,31 Kcal 31,3 Prot. 14,36 Lip. 91,86 HC	31 CREMA DE VERDURAS REVUELTO DE JAMÓN YORK ENSALADA VARIADA FRUTA FRESCA PAN BLANCO 541,9 Kcal 24,73 Prot. 21,51 Lip. 60,62 HC



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		<p>01</p> <p>SCHOOL HOLIDAY</p>	<p>02</p> <p>GAZPACHO FISH IN SAUCE SEAFOOD SALAD FRESH FRUIT FRESH BREAD</p> <p>511,44 Kcal 21,96 Prot. 23,4 Lip. 50,32 HC</p>	<p>03</p> <p>POTATOE SALAD WITH TUNA BAKED CHICKEN LEGS GREEN BEANS, CARROT AND CORN SALAD FRESH FRUIT FRESH BREAD</p> <p>795,17 Kcal 33,39 Prot. 45,96 Lip. 58,14 HC</p>
<p>06</p> <p>PASTA IN NEAPOLITAN SAUCE COURGETTE OMELET VEGETABLES PANACHE CUSTARD WHOLEMEAL BREAD</p> <p>706,88 Kcal 21,62 Prot. 23,12 Lip. 98,08 HC</p>	<p>07</p> <p>BEANS STEW PORK IN SAUCE SALAD FRESH FRUIT FRESH BREAD</p> <p>613,13 Kcal 33,94 Prot. 18,49 Lip. 69,86 HC</p>	<p>08</p> <p>MIXED PAELLA TURKEY IN SAUCE FRIES FRESH FRUIT FRESH BREAD</p> <p>771,09 Kcal 32,92 Prot. 26,06 Lip. 97,98 HC</p>	<p>09</p> <p>VICHYSOISE COD IN SAUCE VEGETABLES WITH TOMATO YOGHURT WITH TOPPING FRESH BREAD</p> <p>514,63 Kcal 25,86 Prot. 14,59 Lip. 65,49 HC</p>	<p>10</p> <p>POTATO STEW WITH MEAT CHICKEN IN SAUCE CARROT SALAD FRESH FRUIT FRESH BREAD</p> <p>736,05 Kcal 38,13 Prot. 26,75 Lip. 79,27 HC</p>
<p>13</p> <p>PASTA IN TOMATO SAUCE FISH IN SAUCE SAUTEED VEGETABLES FRESH FRUIT WHOLEMEAL BREAD</p> <p>575,58 Kcal 28,66 Prot. 13,39 Lip. 80,26 HC</p>	<p>14</p> <p>STEWED LENTILS CHICKEN IN SAUCE SALAD FRUTA FRESCA FRESH BREAD</p> <p>612 Kcal 35,87 Prot. 18,89 Lip. 69,3 HC</p>	<p>15</p> <p>RICE IN TOMATO SAUCE CHICKEN IN SAUCE SAUTEED MUSHROOMS FRESH FRUIT FRESH BREAD</p> <p>666,05 Kcal 30,61 Prot. 19,16 Lip. 89,07 HC</p>	<p>16</p> <p>COUS COUS WITH VEGETABLES HAKE IN SAUCE BAKED POTATOES FRESH FRUIT FRESH BREAD</p> <p>499,37 Kcal 22,38 Prot. 11,35 Lip. 72,46 HC</p>	<p>17</p> <p>CREAM OF VEGETABLES FRENCH OMELET TOMATO SALAD YOGHURT FRESH BREAD</p> <p>574,28 Kcal 29,68 Prot. 19,66 Lip. 66,77 HC</p>
<p>20</p> <p>PASTA WITH VEGETABLES FISH IN SAUCE CARROT SALAD FRESH FRUIT WHOLEMEAL BREAD</p> <p>635,5 Kcal 27,06 Prot. 17,15 Lip. 87,27 HC</p>	<p>21</p> <p>VICHYSOISE CHICKEN IN SAUCE BREADED COURGETTE YOGHURT WITH TOPPING FRESH BREAD</p> <p>711,19 Kcal 34,04 Prot. 30,93 Lip. 70,03 HC</p>	<p>22</p> <p>SALMOREJO TURKEY FRICASE MIXED SALAD FRESH FRUIT FRESH BREAD</p> <p>533,65 Kcal 26,82 Prot. 20,26 Lip. 57,91 HC</p>	<p>23</p> <p>PAELLA HAKE IN SAUCE SAUTEED BABY CARROTS FRESH FRUIT FRESH BREAD</p> <p>616,46 Kcal 30,02 Prot. 14,1 Lip. 89,46 HC</p>	<p>24</p> <p>CREAM OF VEGETABLES SCRAMBLED POTATOS WITH HAM TOMATO SALAD WITH CHEESE FRESH FRUIT FRESH BREAD</p> <p>630,2 Kcal 33,98 Prot. 26,44 Lip. 61,09 HC</p>
<p>27</p> <p>PASTA IN TOMATO SAUCE FISH IN SAUCE SAUTEED BROCCOLI FRESH FRUIT WHOLEMEAL BREAD</p> <p>560,34 Kcal 26,44 Prot. 12,61 Lip. 78,28 HC</p>	<p>28</p> <p>GAZPACHO CHICKEN IN SAUCE SWEET CORN SALAD WITH OLIVES FRESH FRUIT FRESH BREAD</p> <p>571,89 Kcal 28,13 Prot. 28,78 Lip. 47,13 HC</p>	<p>29</p> <p>STEWED LENTILS BEEF IN SAUCE BAKED POTATOES YOGHURT FRESH BREAD</p> <p>730,7 Kcal 47,26 Prot. 21,17 Lip. 83,77 HC</p>	<p>30</p> <p>RICE WITH MEAT AND ANTICHOKES HAKE IN POMODORO SAUCE SAUTEED VEGETABLES FRESH FRUIT FRESH BREAD</p> <p>642,31 Kcal 31,3 Prot. 14,36 Lip. 91,86 HC</p>	<p>31</p> <p>CREAM OF VEGETABLES SCRAMBLED EGGS WITH YORK SALAD FRESH FRUIT FRESH BREAD</p> <p>541,9 Kcal 24,73 Prot. 21,51 Lip. 60,62 HC</p>