



# MENÚ

## MARZO 2025

## YAGO SCHOOL NURSERY

### LUNES

### MARTES

### MIÉRCOLES

### JUEVES

### VIERNES

03  
**LACITOS CON TOMATE  
 FOGONERO AL HORNO  
 ENSALADA DE JUDIAS VERDES Y ZANAHORIA  
 FRUTA FRESCA  
 PAN INTEGRAL**  
 541,62 Kcal 23,03 Prot. 11,74 Lip. 79,53 HC

04  
**SOPA DE ESTRELLITAS  
 POLLO AL HORNO  
 CALABAZA ASADA  
 FRUTA FRESCA  
 PAN BLANCO**  
 522,31 Kcal 28,3 Prot. 15,92 Lip. 63,34 HC

05  
**ARROZ CON TOMATE  
 TORTILLA DE PATATAS Y CEBOLLA  
 ENSALADA MIXTA  
 YOGUR  
 PAN BLANCO**  
 744,22 Kcal 26,77 Prot. 27,39 Lip. 96,06 HC

06  
**LENTEJAS  
 LOMO AL HORNO  
 PATATAS AL HORNO  
 FRUTA FRESCA  
 PAN BLANCO**  
 675,98 Kcal 36,28 Prot. 21,79 Lip. 78,37 HC

07  
**CREMA DE VERDURAS  
 GALLO AL HORNO  
 ENSALADA  
 FRUTA FRESCA  
 PAN BLANCO**  
 508,49 Kcal 25,11 Prot. 16,55 Lip. 61,99 HC

10  
**MACARRONES NAPOLITANA  
 REVUELTO DE ESPÁRRAGOS  
 PANACHE DE VERDURAS  
 YOGUR  
 PAN INTEGRAL**  
 709,86 Kcal 29,02 Prot. 26,23 Lip. 85,27 HC

11  
**ALUBIAS PINTAS CON PATATAS  
 LOMO AL HORNO  
 ENSALADA VARIADA  
 FRUTA FRESCA  
 PAN BLANCO**  
 593,87 Kcal 33,11 Prot. 18,6 Lip. 65,86 HC

12  
**PAELLA MIXTA  
 PAVO EN SALSA  
 PATATAS PANADERAS  
 FRUTA FRESCA  
 PAN BLANCO**  
 717,79 Kcal 33,06 Prot. 20,77 Lip. 96,72 HC

13  
**GUISO DE PATATAS CON CARNE  
 POLLO AL HORNO  
 ENSALADA DE ZANAHORIAS  
 FRUTA FRESCA  
 PAN BLANCO**  
 654,24 Kcal 34,28 Prot. 22,01 Lip. 74,78 HC

14  
**CREMA DE CALABACIN CON AROMA DE  
 HINOJO  
 BACALAO AL HORNO  
 CALABACIN SALTEADO  
 YOGUR NATURAL CON TOPPING  
 PAN BLANCO**  
 392,27 Kcal 21,69 Prot. 12,32 Lip. 46,69 HC

17  
**CODITOS CON TOMATE  
 MERLUZA AL HORNO  
 SALTEADO DE VERDURAS  
 FRUTA FRESCA  
 PAN INTEGRAL**  
 528,9 Kcal 23,51 Prot. 11,8 Lip. 77,91 HC

18  
**LENTEJAS ESTOFADAS  
 LOMO AL HORNO  
 ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA  
 FRUTA FRESCA  
 PAN BLANCO**  
 602,43 Kcal 35,46 Prot. 18,82 Lip. 67,57 HC

19  
**CREMA DE CALABACIN  
 PAVO EN SALSA DE CIRUELAS  
 PATATAS PANADERAS  
 FRUTA FRESCA  
 PAN BLANCO**  
 557,97 Kcal 27,36 Prot. 19,27 Lip. 65,32 HC

**FRANCIA** 20  
**QUICHE LORRAINE  
 GRATIN DAUPHINOIS  
 SALTEADO DE VERDURAS  
 FRUTA FRESCA  
 PAN BLANCO**  
 798,83 Kcal 24,37 Prot. 38,95 Lip. 85,26 HC

21  
**ARROZ CON TOMATE  
 TORTILLA FRANCESA  
 TOMATE ALIÑADO  
 YOGUR  
 PAN BLANCO**  
 630,79 Kcal 25,32 Prot. 19,51 Lip. 91,86 HC

24  
**CODITOS CON TOMATE  
 SALMON AL HORNO  
 PANACHÉ DE VERDURAS  
 FRUTA FRESCA  
 PAN INTEGRAL**  
 635,34 Kcal 28,58 Prot. 21,35 Lip. 77,91 HC

**GRECIA** 25  
**MUSAKA DE VERDURAS  
 POLLO AL HORNO  
 BERENJENAS ASADAS  
 YOGUR NATURAL CON TOPPING  
 PAN BLANCO**  
 758,07 Kcal 45,72 Prot. 40,58 Lip. 49,82 HC

26  
**POTAJE DE ALUBIAS  
 PAVO EN SALSA  
 ENSALADA MIXTA  
 FRUTA FRESCA  
 PAN BLANCO**  
 639,63 Kcal 34,27 Prot. 19,68 Lip. 72,5 HC

27  
**CREMA DE VERDURAS  
 REVUELTO DE PATATAS CON JAMÓN COCIDO  
 CHAMPIÑONES SALTEADOS CON AJO Y  
 PEREJIL  
 FRUTA FRESCA  
 PAN BLANCO**  
 603,87 Kcal 32,23 Prot. 23,45 Lip. 62,11 HC

28  
**PAELLA DE VERDURAS  
 LOMO DE MERLUZA AL HORNO  
 CALABACIN SALTEADO  
 FRUTA FRESCA  
 PAN BLANCO**  
 533,16 Kcal 20,58 Prot. 10,22 Lip. 87,4 HC

31  
**MACARRONES CON TOMATE  
 FOGONERO AL HORNO  
 JUDÍAS VERDES SALTEADAS CON AJITO  
 FRUTA FRESCA  
 PAN INTEGRAL**  
 522,1 Kcal 22,22 Prot. 11,56 Lip. 77,18 HC



# MENÚ

## MARCH 2025

## YAGO SCHOOL NURSERY

### LUNES

### MARTES

### MIÉRCOLES

### JUEVES

### VIERNES

03  
 PASTA IN TOMATO SAUCE  
 BAKED POLLOCK  
 ROASTED PUMPKIN  
 FRESH FRUIT  
 WHOLEMALE BREAD  
 541,62 Kcal 23,03 Prot. 11,74 Lip. 79,53 HC

04  
 SOUP WITH PASTA STARS  
 ROAST CHICKEN  
 GREEN BEAN, CARROT AND CORN SALAD  
 FRESH FRUIT  
 FRESH BREAD  
 522,31 Kcal 28,3 Prot. 15,92 Lip. 63,34 HC

05  
 RICE IN TOMATO SAUCE  
 POTATO AND ONION SPANISH OMELETTE  
 MIXED SALAD  
 YOGHURT  
 FRESH BREAD  
 744,22 Kcal 26,77 Prot. 27,39 Lip. 96,06 HC

06  
 LENTILS  
 BAKED PORK LOIN  
 BAKED POTATOES  
 FRESH FRUIT  
 FRESH BREAD  
 675,98 Kcal 36,28 Prot. 21,79 Lip. 78,37 HC

07  
 CREAM OF VEGETABLE SOUP  
 BAKED JOHN DORY  
 SALAD  
 FRESH FRUIT  
 FRESH BREAD  
 508,49 Kcal 25,11 Prot. 16,55 Lip. 61,99 HC

10  
 PASTA IN NEAPOLITAN SAUCE  
 SCRAMBLED EGGS WITH ASPARAGUS  
 MIXED VEGETABLES  
 YOGHURT  
 WHOLEMALE BREAD  
 709,86 Kcal 29,02 Prot. 26,23 Lip. 85,27 HC

11  
 PINTO BEANS WITH POTATOES  
 BAKED PORK LOIN  
 MIXED SALAD  
 FRESH FRUIT  
 FRESH BREAD  
 593,87 Kcal 33,11 Prot. 18,6 Lip. 65,86 HC

12  
 MIXED PAELLA  
 TURKEY IN SAUCE  
 BAKED POTATOES  
 FRESH FRUIT  
 FRESH BREAD  
 717,79 Kcal 33,06 Prot. 20,77 Lip. 96,72 HC

13  
 POTATO STEW WITH MEAT  
 BAKED CHICKEN  
 CARROT SALAD  
 FRESH FRUIT  
 FRESH BREAD  
 654,24 Kcal 34,28 Prot. 22,01 Lip. 74,78 HC

14  
 CREAM OF COURGETTE SOUP WITH FENNEL  
 AROMA  
 BAKED COD  
 SAUTEED COURGETTE  
 NATURAL YOGHURT WITH TOPPING  
 FRESH BREAD  
 392,27 Kcal 21,69 Prot. 12,32 Lip. 46,69 HC

17  
 PASTA IN TOMATO SAUCE  
 BAKED HAKE  
 SAUTÉED VEGETABLES  
 FRESH FRUIT  
 WHOLEMALE BREAD  
 528,9 Kcal 23,51 Prot. 11,8 Lip. 77,91 HC

18  
 LENTILS  
 BAKED PORK LOIN  
 LETTUCE, CORN AND CARROT SALAD  
 FRESH FRUIT  
 FRESH BREAD  
 602,43 Kcal 35,46 Prot. 18,82 Lip. 67,57 HC

19  
 COURGETTE SOUP  
 TURKEY IN PLUM SAUCE  
 BAKED POTATOES  
 FRESH FRUIT  
 FRESH BREAD  
 557,97 Kcal 27,36 Prot. 19,27 Lip. 65,32 HC

FRANCE 20  
 QUCHE LORRAINE  
 GRATIN DAUPHNOIS  
 SAUTEED VEGETABLES  
 FRESH FRUIT  
 FRESH BREAD  
 798,83 Kcal 24,37 Prot. 38,95 Lip. 85,26 HC

21  
 RICE IN TOMATO SAUCE  
 FRENCH OMELETTE  
 DRESSED TOMATO  
 YOGHURT  
 FRESH BREAD  
 630,79 Kcal 25,32 Prot. 19,51 Lip. 91,86 HC

24  
 PASTA IN TOMATO SAUCE  
 BAKED SALMON  
 ASSORTED VEGETABLES  
 FRESH FRUIT  
 WHOLEMALE BREAD  
 635,34 Kcal 28,58 Prot. 21,35 Lip. 77,91 HC

GREECE 25  
 VEGETABLES MOUSAKA  
 BAKED CHICKEN  
 ROASTED EGGPLANTS WITH HONEY  
 NATURAL YOGHURT WITH TOPPING  
 FRESH BREAD  
 758,07 Kcal 45,72 Prot. 40,58 Lip. 49,82 HC

26  
 BEAN STEW  
 TURKEY IN SAUCE  
 MIXED SALAD  
 FRESH FRUIT  
 FRESH BREAD  
 639,63 Kcal 34,27 Prot. 19,68 Lip. 72,5 HC

27  
 CREAM OF VEGETABLE SOUP  
 SCRAMBLED EGGS WITH POTATO AND YORK  
 SAUTÉED MUSHROOMS WITH GARLIC AND  
 PARSLEY  
 FRESH FRUIT  
 FRESH BREAD  
 603,87 Kcal 32,23 Prot. 23,45 Lip. 62,11 HC

28  
 VEGETABLES PAELLA  
 BAKED HAKE  
 SAUTEED COURGETTE  
 VANILLA FLAN  
 FRESH BREAD  
 533,16 Kcal 20,58 Prot. 10,22 Lip. 87,4 HC

31  
 MACARONI WITH TOMATO  
 BAKED POLLOCK  
 SAUTÉED GREEN BEANS WITH GARLIC  
 FRESH FRUIT  
 WHOLEMALE BREAD  
 522,1 Kcal 22,22 Prot. 11,56 Lip. 77,18 HC