



MENÚ

MARZO 2025

YAGO SCHOOL

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

03
LACITOS BOLOÑESA
FOGONERO AL HORNO CON SALSA
MEDITERRANEA
ENSALADA DE JUDÍAS VERDES Y ZANAHORIA
FRUTA FRESCA
PAN INTEGRAL
 612,51 Kcal 27,92 Prot. 17,25 Lip. 79,97 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 CURRY Y PASAS
TORTILLA DE PATATAS Y CEBOLLA
ENSALADA MIXTA
YOGUR
PAN BLANCO
 785,35 Kcal 31,43 Prot. 29,77 Lip. 96,4 HC

06
LENTEJAS
ALBONDIGAS DE POLLO AL CHILINDRON
PATATAS DADO
FRUTA FRESCA
PAN BLANCO
 739,06 Kcal 35,76 Prot. 23,32 Lip. 89,87 HC

07
CREMA DE VERDURAS
GALLO SAN PEDRO A LA SICILIANA
ENSALADA DE MAR
FRUTA FRESCA
PAN BLANCO
 513,16 Kcal 26,03 Prot. 16,55 Lip. 62,36 HC

10
CANELONES DE CARNE
REVUELTO DE ESPÁRRAGOS
PANACHE DE VERDURAS
NATILLAS
PAN INTEGRAL
 743,58 Kcal 31,36 Prot. 38,29 Lip. 64,2 HC

11
ALUBIAS PINTAS CON PATATAS
SALCHICHAS CON PIMIENTOS
ENSALADA VARIADA
FRUTA FRESCA
PAN BLANCO
 677,67 Kcal 26,61 Prot. 28,57 Lip. 70,81 HC

12
PAELLA MIXTA
PAVO EN SALSA
PATATAS FRITAS
FRUTA FRESCA
PAN BLANCO
 771,09 Kcal 32,92 Prot. 26,06 Lip. 97,98 HC

13
GUISO DE PATATAS CON CARNE
CROQUETAS DE POLLO
ENSALADA DE ZANAHORIAS
FRUTA FRESCA
PAN BLANCO
 644,97 Kcal 18,17 Prot. 19,43 Lip. 93,14 HC

14
CREMA DE CALABACIN CON AROMA DE
HINOJO
BACALAO GRATINADO
CALABACIN REBOZADO
YOGUR NATURAL CON TOPPING
PAN BLANCO
 590,92 Kcal 24,92 Prot. 26,36 Lip. 60,99 HC

17
WOK DE PASTA CON VERDURAS Y BACON
EMPANADILLAS DE ATUN
SALTEADO DE VERDURAS
FRUTA FRESCA
PAN INTEGRAL
 783,21 Kcal 23,66 Prot. 23,99 Lip. 113 HC

18
ESPINACAS GRATINADAS CON BECHAMEL
HAMBURGUESA CON QUESO
ENSALADA DE LECHUGA, MAIZ Y ZANAHORIA
FRUTA FRESCA
PAN BLANCO
 720,98 Kcal 31,76 Prot. 31,52 Lip. 51,03 HC

19
CREMA DE CALABACIN
PAVO EN SALSA DE CIRUELAS
PATATAS FRITAS ESPECIADAS
FRUTA FRESCA
PAN BLANCO
 611,28 Kcal 27,22 Prot. 24,56 Lip. 66,58 HC

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

21
HABAS BABY SALTEADAS
TORTILLA FRANCESA
TOMATE ALIÑADO
YOGUR
PAN BLANCO
 540,33 Kcal 31,8 Prot. 20,4 Lip. 58,45 HC

24
CODITOS CARBONARA
SALMÓN CON SALSA DE SOJA
PANACHÉ DE VERDURAS
FRUTA FRESCA
PAN INTEGRAL
 698,02 Kcal 30,76 Prot. 23,55 Lip. 86 HC

GRECIA 25
MOUSAKA
KEFTEDES
BERENJENAS FRITAS CON MIEL
YOGUR NATURAL CON TOPPING
PAN BLANCO
 836,76 Kcal 41,48 Prot. 44,48 Lip. 63,73 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
SERRANO
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 EN SALSA AMERICANA
CALABACÍN REBOZADO
FRUTA FRESCA
PAN BLANCO
 816,65 Kcal 30,35 Prot. 28,06 Lip. 106,63 HC

31
MACARRONES CON TOMATE
FOGONERO CON VINAGRETA BLANCA
JUDÍAS VERDES SALTEADAS CON AJITO
FRUTA FRESCA
PAN INTEGRAL
 555,81 Kcal 25,79 Prot. 12,11 Lip. 79,71 HC



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MARCH 2025

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LUNES

MARTES

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JUEVES

VIERNES

03
 PASTA IN BOLOGNESE SAUCE
 BAKED POLLOCK WITH MEDITERRANEAN SAUCE
 ROASTED PUMPKIN
 FRESH FRUIT
 WHOLEMALE BREAD
 612,51 Kcal 27,92 Prot. 17,25 Lip. 79,97 HC

10
 MEAT CANNELONI
 SCRAMBLED EGGS WITH ASPARAGUS
 MIXED VEGETABLES
 CUSTARD
 WHOLEMALE BREAD
 743,58 Kcal 31,36 Prot. 38,29 Lip. 64,2 HC

17
 STIR-FRIED PASTA WITH VEGETABLES AND BACON
 TUNA PASTIES
 SAUTÉED VEGETABLES
 FRESH FRUIT
 WHOLEMALE BREAD
 783,21 Kcal 23,66 Prot. 23,99 Lip. 113 HC

24
 ELBOW MACARONI CARBONARA
 SALMON WITH SOY SAUCE
 ASSORTED VEGETABLES
 FRESH FRUIT
 WHOLEMALE BREAD
 698,02 Kcal 30,76 Prot. 23,55 Lip. 86 HC

31
 MACARONI WITH TOMATO
 POLLOCK WITH WHITE VINAIGRETTE
 SAUTÉED GREEN BEANS WITH GARLIC
 FRESH FRUIT
 WHOLEMALE BREAD
 555,81 Kcal 25,79 Prot. 12,11 Lip. 79,71 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

11
 PINTO BEANS WITH POTATOES
 SAUSAGES WITH PEPPERS
 MIXED SALAD
 FRESH FRUIT
 FRESH BREAD
 677,67 Kcal 26,61 Prot. 28,57 Lip. 70,81 HC

18
 SPINACH GRATIN WITH BECHAMEL SAUCE
 CHEESEBURGER
 LETTUCE, CORN AND CARROT SALAD
 FRESH FRUIT
 FRESH BREAD
 720,98 Kcal 31,76 Prot. 31,52 Lip. 51,03 HC

GREECE 25
 MOUSAKA
 KEFTEDES
 FRIED EGGPLANTS WITH HONEY
 NATURAL YOGHURT WITH TOPPING
 FRESH BREAD
 836,76 Kcal 41,48 Prot. 44,48 Lip. 63,73 HC

05
 RICE WITH CURRY AND RAISINS
 POTATO AND ONION SPANISH OMELETTE
 MIXED SALAD
 YOGHURT
 FRESH BREAD
 785,35 Kcal 31,43 Prot. 29,77 Lip. 96,4 HC

12
 MIXED PAELLA
 TURKEY IN SAUCE
 CHIPS
 FRESH FRUIT
 FRESH BREAD
 771,09 Kcal 32,92 Prot. 26,06 Lip. 97,98 HC

19
 COURQUETTE SOUP
 TURKEY IN PLUM SAUCE
 SPICED CHIPS
 FRESH FRUIT
 FRESH BREAD
 611,28 Kcal 27,22 Prot. 24,56 Lip. 66,58 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

06
 LENTILS
 CHICKEN MEATBALLS COOKED WITH RED PEPPERS
 FRIED POTATOES
 FRESH FRUIT
 FRESH BREAD
 739,06 Kcal 35,76 Prot. 23,32 Lip. 89,87 HC

13
 POTATO STEW WITH MEAT
 CHICKEN CROQUETTES
 CARROT SALAD
 FRESH FRUIT
 FRESH BREAD
 644,97 Kcal 18,17 Prot. 19,43 Lip. 93,14 HC

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

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

07
 CREAM OF VEGETABLE SOUP
 SICILIAN-STYLE JOHN DORY
 SEAFOOD SALAD
 FRESH FRUIT
 FRESH BREAD
 513,16 Kcal 26,03 Prot. 16,55 Lip. 62,36 HC

14
 CREAM OF COURGETTE SOUP WITH FENNEL AROMA
 COD AU GRATIN
 BATTERED COURGETTE
 NATURAL YOGHURT WITH TOPPING
 FRESH BREAD
 590,92 Kcal 24,92 Prot. 26,36 Lip. 60,99 HC

21
 SAUTÉED BABY BROAD BEANS
 FRENCH OMELETTE
 DRESSED TOMATO
 YOGHURT
 FRESH BREAD
 540,33 Kcal 31,8 Prot. 20,4 Lip. 58,45 HC

28
 VEGETABLES PAELLA
 HAKE LIN IN AMERICAN SAUCE
 BATTERED COURGETTE
 VANILLA FLAN
 FRESH BREAD
 816,65 Kcal 30,35 Prot. 28,06 Lip. 106,63 HC